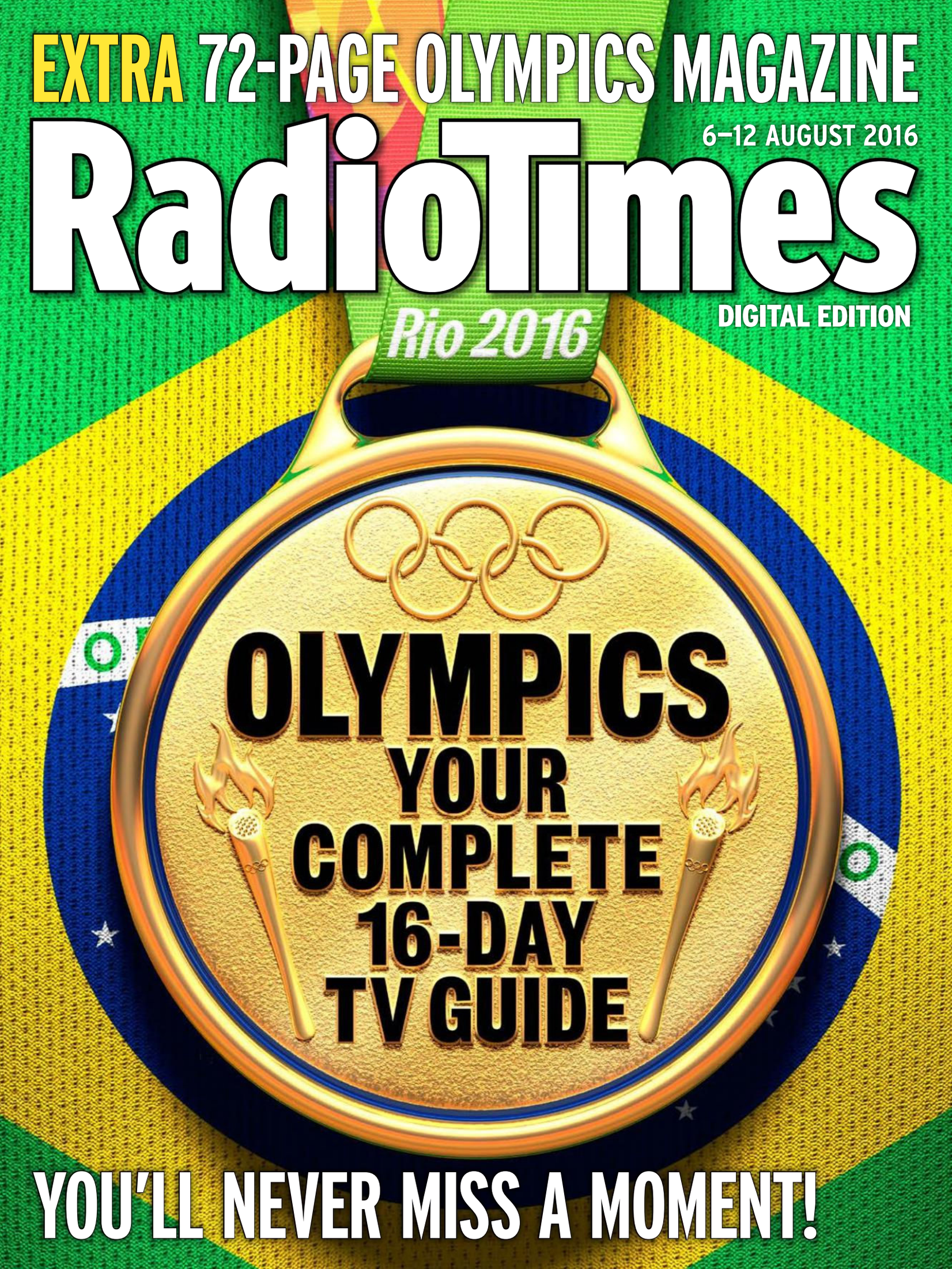
EXTRA 72-PAGE OLYMPICS MAGAZINE

6–12 AUGUST 2016

RadioTimes

DIGITAL EDITION



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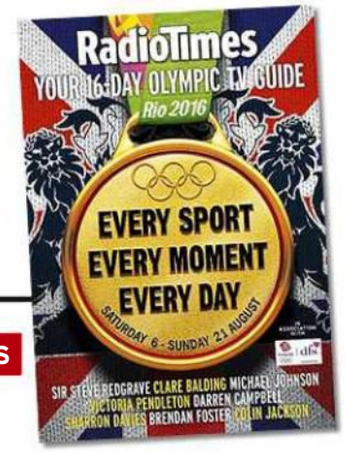
6–12 AUGUST 2016

This week RadioTimes



From the editor

I've only ever won one raffle. Tickets to the last night of the athletics at London 2012. And I didn't realise my luck until the bell signalled the last lap of the men's 5,000m.

For the next minute a skinny little man held the attention of millions. Eyes popping, arms pumping, he held off a succession of rivals. The stadium throbbed. Strangers embraced. A Somalian refugee had won a second gold medal – in his adopted home. Mo Farah's moment is a memory I'll carry for ever. It's why the Olympics matter. Over the next 16 days and nights in Rio, there will be more moments. Triumphs and stories that transcend sport. Spectacles that unite us.

I hope this special issue of *Radio Times* will ensure you don't miss those moments. For one week only we've increased our price to £3 to bring you the highest quality coverage.

There is a 72-page extra magazine inside this week's issue. It has comprehensive listings and guidance to all 16 days of the Rio Games – including the 24 online and red button channels that allow you to watch every event. You won't miss a thing…

Ben Preston
RTeditor@radiotimes.com

TRACK STARS Katarina Johnson-Thompson and Jessica Ennis-Hill

CENTRE PAGES

72-PAGE OLYMPICS MAGAZINE

- Two dedicated Olympics channels – BBC1 and BBC4
- Listings for every sport, every day
- Analysis from Sir Steve Redgrave, Sharron Davies, Brendan Foster and more

IN THIS ISSUE

My Olympics hero is… 6
Clare Balding, Gabby Logan and Hazel Irvine reveal their most inspirational Olympians

Ready, steady, Rio! 10
25 things to get you excited about the Olympics

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Sibling rivalry 19
Meet the Murray brothers, the Brownlee boys and the Downie sisters

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Lynne Truss seeks out the truest Olympic sport

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Simon Barnes on the flagless people

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Eat like an Olympian 28
Mark Cavendish's flapjacks and more…

Get in training 33
How to survive 16 action-packed days – on the sofa

Sir Steve Redgrave 154
He won five Olympic gold medals – and he hasn't lost any of his competitive edge

NEXT WEEK

GO FOR GOLD WITH OUR OLYMPICS MEDAL WALL CHART

On sale 9 August

Film 34

Barry Norman
Ten classic movies from *Four Weddings and a Funeral* to *Ghost*

Television 43

The best on TV
The emotion of *Long Lost Family* and more… Alison Graham and her team bring you the week's top television

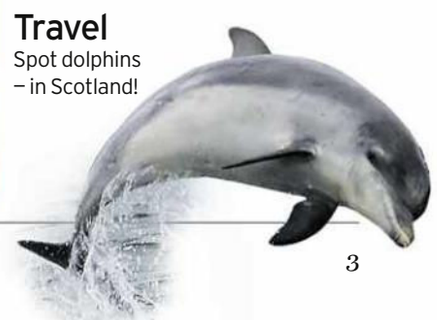
Radio 116

Sounds amazing
A soundtrack can make a good movie great – but which is your favourite?

Your RT 139

Gardening
Pack your borders with sizzling summer colours

Travel
Spot dolphins – in Scotland!



COVER: DIGITAL MANIPULATION BY IAN McKINNELL. THIS PAGE: GETTY; KOBAL; ALLSTAR

This week...

UNMISSABLE TV, FILM

MY OLYMPICS...

HAZEL IRVINE

'There are so many events I'm looking forward to, I could go on for hours! But if you force me to choose one, I'll go for the gymnastics. Look out for the USA's Simone Biles (below) – she's the most powerful, charismatic artistic gymnast I've seen in a long time.'

GABBY LOGAN

'I'm covering the athletics and I really do love all of the track and field events. I couldn't possibly choose one. So what will I be watching? *Everything*.'

CLARE BALDING

'It's cycling for me. Bradley Wiggins (right) is a bit of a rock star and a hero in cycling – but I can't wait to see if Laura Trott can win a third gold medal.'

IN THIS ISSUE!

EVERY SPORT! EVERY MEDAL! EVERY DAY!

Your 72-page pullout guide to 16 days in Rio – see centre pages

SATURDAY 6

Television

New/Documentary of the Week
The Mystery of Van Gogh's Ear
9.00pm ***BBC2***
An intriguing investigation into a gory artistic legend. How much of his ear did Van Gogh cut off – and why?

Cambridge Folk Festival
9.00pm ***Sky Arts***
Classy highlights from the eternally popular festival, including KT Tunstall (below) and Christy Moore.

Monty Python Weekend
11.00pm ***Gold***
"Is this the right room for an argument?" Classic sketches from TV's *Flying Circus* – and performed live in a riotous gig at the Hollywood Bowl.

SATURDAY *starts p44* ▸

SUNDAY 7

Robot Wars
8.00pm ***BBC2*** *(Scotland: 9pm)*
More homemade robots are up for the chop – including one called Glitter Bomb.

Flying to the Ends of the Earth
8.00pm ***C4***
Arthur Williams keeps smiling, even in the face of a South Pacific ceremony involving the supposed god of a volcano.

Dragons' Den
9.00pm ***BBC2*** *(Scotland: 11.15pm)* The Dragons crease up over a paper-folding gadget – but will revamped pork scratchings or bag straps get their money?

Return to the Falklands
9.40pm ***Yesterday***
Two British veterans return to the site of the 1982 conflict in this surprisingly affecting documentary.

SUNDAY *starts p54* ▸

Film

P Super 8 ★★★★ 12
9.00pm ***C4***
JJ Abrams's 1970s-set homage to *ET* and *Close Encounters*, where a bunch of kids uncover something unearthly in their small town. The talented Elle Fanning stars.

P 47 Ronin ★★★ 12
9.00pm ***C4***
Keanu Reeves goes the way of the samurai in an epic tale based on a real episode in Japanese history – that's except for the parts with the shape-shifting monsters and witches.

Radio

Drama: The Clintons
2.30pm ***Radio 4 FM***
The first of three plays about the lives and careers of America's ultimate power couple – Hillary Rodham and Bill Clinton.

Desert Island Discs Revisited
7.15am and 9.15pm
Radio 4 Extra
Another chance to hear Olympic gold medal-winning cyclist Bradley Wiggins talk to Kirsty Young (right).

& RADIO FOR YOU TO WATCH AND RECORD

MONDAY 8

EastEnders
8.00pm ***BBC1***
Lock your doors – Grant the grunting Walford silverback is in town and he wants words with Sharon and Phil.

New Brexit: the Battle for Britain
9.00pm ***BBC2***
Why and how did Britain decide to leave the EU? BBC political editor Laura Kuenssberg investigates.

Brief Encounters
9.00pm ***ITV***
The drama about Ann Summers sex toy sellers ends with much soppy female bonding – and the odd Richard Curtis moment.

MONDAY *starts p64* ▸

TUESDAY 9

Inside the Factory
9.00pm ***BBC2***
Try to block out YELLING Gregg Wallace for a fascinating trip around a baked bean factory.

New Phil Spencer's Stately Homes
9.00pm ***More4***
Location's Phil pokes around beautiful Burghley House in Lincolnshire in the first of a series about historic homes.

First Dates
10.00pm ***C4***
Can Fred Sirieix help this lot find love? A 79-year-old, a man with Tourette syndrome. And an accountant.

TUESDAY *starts p74* ▸

WEDNESDAY 10

Inside Cern: a Horizon Special
8.00pm ***BBC2***
Excited physicists may have discovered a new particle that could challenge all we know about the universe...

Long Lost Family
9.00pm ***ITV***
Another devastating episode follows two lost souls looking for the parent who gave them up for adoption.

Comedy of the Week Man Down
10.00pm ***C4***
A standout episode of Greg Davies's terrific sitcom takes the gang on a character-building trip to Southend.

WEDNESDAY *starts p84* ▸

THURSDAY 11

Full Steam Ahead
8.00pm ***BBC2***
The historians learn how railways gave us a sense of British identity – and created a countrywide standard time.

The Supervet: Bionic Specials
8.00pm ***C4***
It sounds like science fiction, but Noel Fitzpatrick uses 3D printing technology to treat two of his canine patients.

The 80s with Dominic Sandbrook
9.00pm ***BBC2***
Sandbrook makes too many generalisations, but this is still a jolly, scattergun and informative look back at an unfairly maligned decade.

THURSDAY *starts p94* ▸

FRIDAY 12

Amazing Spaces: Shed of the Year
8.00pm ***C4***
This shedload of inspiration includes party palaces, lawnmower workshops and woodland pubs.

Highlands: Scotland's Wild Heart
9.00pm ***BBC2***
Cute guillemot chicks prepare to hurl themselves from cliffs for the first time. But one is not so keen...

Friday Night Dinner
10.00pm ***C4***
Adam (Simon Bird) is in his pyjamas. Grandma's forgotten her glasses. Somehow those two things mean chaos...

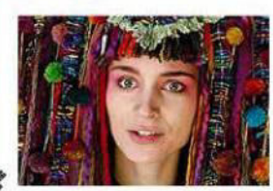
FRIDAY *starts p104* ▸

P Eddie the Eagle
★★★★★ PG ***Sky Store/Virgin***
Not quite Brits winning gold at the Olympics; instead, an incredible true story about ski-jumping underdog Eddie "the Eagle" Edwards. Taron Egerton is a disarming Eddie.

P Chef ★★★★ 15
9.00pm ***Film4***
Jon Favreau ladles on the laughs as director and star, playing a culinary whizz who tells a critic where to stuff his peppers. Warning: don't watch this while hungry.

The Deer Hunter ★★★★★
18 *11.00pm* ***ITV4***
A savage examination of what war can do to ordinary men, starring Robert De Niro, Christopher Walken and a young Meryl Streep. It won best picture Oscar in 1979.

Hot Fuzz ★★★★ 15
9.00pm ***ITV2***
The Hollywood action flick meets English murder mystery, with Simon Pegg and Nick Frost getting out the big guns in the West Country.



P Pan ★★★★ PG
8.00pm ***Sky Premiere***
A left-field take on the story of Peter Pan from *Atonement* director Joe Wright, with Rooney Mara as a colourful Tiger Lily and Hugh Jackman as a dandified Blackbeard.

Classic FM Movie Music Hall of Fame
from 6.00am ***Classic FM***
Your votes are needed for the annual poll to find the nation's favourite film music. Turn to page 116 for details on how to vote.

Drama: Tracks
2.15pm ***Radio 4***
Romola Garai stars in this nine-part dark conspiracy thriller by Matthew Broughton about life, death and the human brain.

Johnnie Walker's Long Players
10.00pm ***Radio 2***
Johnnie Walker and David Hepworth enjoy and discuss *A Hard Day's Night* from the Beatles and *Mr Tambourine Man* from the Byrds.

BBC Proms 2016
10.15pm ***Radio 3***
British star Jamie Cullum straddles the boundaries of jazz, pop and rock in a late-night Prom with the focus on song – some of his own and some real classics.

Sore Fingers
6.30am, 1.30pm, 8.30pm and 1.30am ***Radio 4 Extra***
A chance to eavesdrop on the residents at a bluegrass music summer school for banjo and fiddle players – held in a Cotswold village.

Recommended family viewing: check programme descriptions for age suitability

PHOTOGRAPHED EXCLUSIVELY
FOR RADIO TIMES BY
IAN DERRY

'Nicola helped make it acceptable for women to box'

My Olympic hero

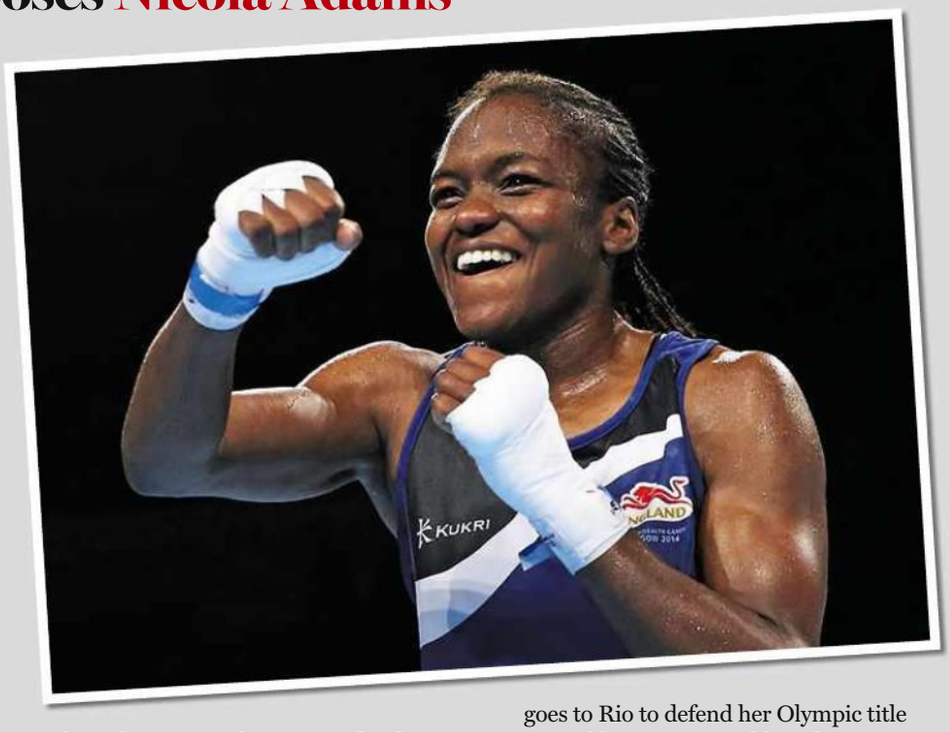
For the first time the BBC's top presenters are women – but who inspires them?

Gabby Logan chooses Nicola Adams

I COULD HAVE gone for any one of 30 amazing Olympians, but boxer Nicola Adams is my choice. I adore Nicola because she's a pioneer. When it was announced in 2009 that women's boxing would feature for the first time at London's 2012 Olympics, she would have had an eye on Olympic gold. But when the scheduling of the flyweight competition gave her the chance to be the very first woman to win a boxing medal, that must have given her more motivation.

Nicola was 29 when she beat Chinese legend Ren Cancan. Imagine how many gold medals Nicola might have bagged if women's boxing had been an Olympic sport earlier? She was so patient and I think that speaks volumes about her. She's a proper Olympian because that's her entire focus. Nicola's not someone who earns vast amounts of money, yet she always makes sure she peaks for the big occasions.

Nicola's naturally quiet and unassuming – maybe even a little bit shy! She wouldn't tell you this, but she's been an inspiration to a whole new generation of girls. She chose boxing and helped make it acceptable for a woman to box. I don't know how many girls will follow in her footsteps, of course, but I do know that lots of girls will now see that they can have a go at any sport they like.



Nicola's achievements have opened girls' eyes to the possibilities that are out there. She's been at the vanguard of a big change in attitudes.

Nicola's not only my hero because of her achievements, though – she's so exciting to watch! Every time I see her fight I'm filled with admiration – boxing is so hard. She goes to Rio to defend her Olympic title as world, Commonwealth and European champion, which is incredible. From what I've seen, she's in every bit as good shape as she was in London four years ago. Winning Olympic gold is tough, but if anyone has what it takes to go and do it all again, it's my hero Nicola.

Women's flyweight begins Friday 12 August

GETTY; PA

CLARE BALDING AND HAZEL IRVINE'S HEROES ▶

Clare Balding picks Katherine Grainger

I THINK IF anyone sums up the spirit of the Olympics in terms of keeping on trying until you get what you want, it's Katherine Grainger. She started in Sydney in 2000, winning silver, won another silver in Athens, a silver again in Beijing, then tried again in London, with Anna Watkins, and they won gold. The unbelievable thing is that here she is in Rio at her fifth Olympic Games! She's already Britain's most decorated female Olympian [jointly with Rebecca Adlington] and certainly most successful female rower.

Katherine is now 40 and should take a lot of credit for giving other women belief in themselves – she won't take that credit because she's very modest and I think she has no idea of the impact she's had. But when you look at the level of women's rowing, where it is now compared with where it was in 2000, you've got Helen Glover and Heather Stanning who are hot favourites to win gold and the women's eight looking to win a medal for the very first time, and with an outside shot at a gold.

All across that team you've got women who can perform, so I think she's had an extraordinary effect. And she has studied for a PhD [in homicide!] at the same time as competing, so there's more to her as well as rowing, which makes her interesting.

I'll be watching her and Vicky Thornley, hoping they can win a medal in the double sculls. It's been such a tough ride for them going through the uncertainty of whether she was going to stop or carry on. I think her tenacity and her ability to come back from disappointment are where Katherine stands out.

INTERVIEW BY **KASIA DELGADO**

The double sculls starts on Saturday 6 August

‘Katherine is very modest and has no idea of the impact she’s had on women’

Hazel Irvine picks Mark Spitz

The American swimmer Mark Spitz is my Olympic hero. Not only did he win seven gold medals at the 1972 Munich Olympics, but he also set seven new world records in doing so. That was an amazing feat in itself, but Spitz is particularly special for me because I was just seven at the time. He made me take up competitive swimming myself [at school], and gave me my personal lightbulb moment – the split second I fell hopelessly in love with the Olympics.

He was a glamorous American: lean, tanned and with an unforgettable moustache. I can remember a remarkable photo of him in his trunks, with the seven medals around his neck, wearing a bit of a cocky “I know I’m good” smile. Spitz was clearly a hugely confident guy – and reports I’ve read since say irritatingly so. But I was captivated.

‘Spitz was glamorous, with an unforgettable moustache. I was seven, and captivated’

I was lucky enough to be in Beijing in 2008 when Michael Phelps broke Spitz’s record, winning eight gold medals. That was an incredible feat, too, but because Mark Spitz was the man who first made me love Olympic swimming, he will always be important to me.

INTERVIEWS BY **HOWARD JOHNSON**

DON’T MISS A THING!
Keep our 16-day Olympic TV Guide by your side until 21 August – for listings, day-by-day gold medal events and the stars to watch!

25 reasons why Rio will be the *best* Games yet

1 Samba smiles and two girls from Ipanema...

In 2012 we had the London Symphony Orchestra and a mutton-chopped Kenneth Branagh playing Isambard Kingdom Brunel. Rio offers a cameo by former supermodel **Gisele Bündchen** (left), plus some sensational sashaying by the original *Girl from Ipanema*. Now 71, ballerina and "aerojazz" dancer Helô Pinheiro inspired the 1962 bossa nova classic. Fifty-four years later, the world will marvel again as she carries the Olympic torch through Rio ahead of the Opening Ceremony.

2 Get it on Twitter

These will be the first 24/7 Games on social media – the influence of Instagram, Twitter and Snapchat will dwarf that of four years ago. Rio's US-friendly time zone (one hour ahead of US Eastern Standard Time) suggests there will be a bumper TV audience, too.

3 Bolt for the line

Usain Bolt will be going for an unprecedented "treble treble", defending the Olympic titles he won in the 100m, 200m and 4 x 100m relay at Beijing 2008 and London 2012. However, this time round Justin Gatlin will be favourite in the 100m, while LaShawn Merritt has run the fastest 200m this year. It's going to be a special Games for Bolt, though, as most likely it's his last – he turns 30 on 21 August, the day of the Closing Ceremony.

4 Beach balls

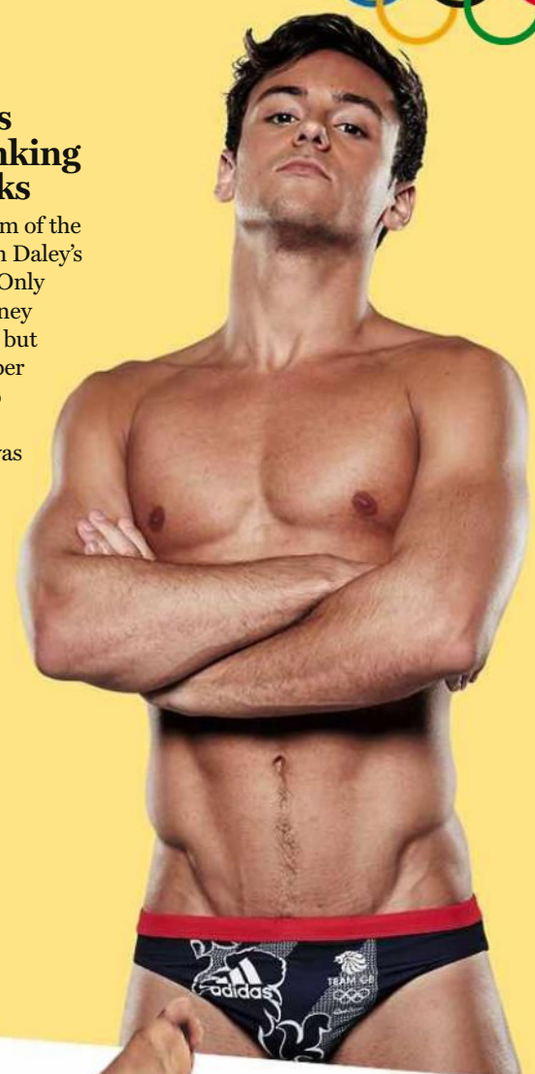
Beach volleyball or traditional, male or female, the Brazilians are brilliant at it. So it's likely to be very high profile. Expect extra coverage for their beach volleyball stars Barbara Seixas and Agatha Bednarczuk.

5 Christ the Redeemer haircuts

Marcelo Anderson emerged victorious at Brazil's recent Battle of the Barbers competition and his design – an outline of Rio's famous Christ the Redeemer statue above the Olympic rings, shaved into the back of the head – promises to be the must-have hairdo at Rio.

6 Maddest mascots

Olympic mascot **Vinicius** (in yellow, left) is a hybrid cat, bird and monkey named after the Brazilian poet, playwright and musician Vinicius de Moraes, who wrote the original lyrics for *A Garota de Ipanema (The Girl from Ipanema)*. The Paralympics' **Tom** (in blue) is named after Tom Jobim, who composed the music for the famous song. The mass of vegetation on Tom's head is meant to represent Brazil's abundant plant life.



12 Tom's shrinking trunks

Can we get to the bottom of the Mysterious Case of Tom Daley's Disappearing Trunks? Only designer Stella McCartney knows the true answer, but apparently they're ten per cent smaller in order to make Daley go faster. Although since when was hitting the water faster and harder considered a help in diving?

7 Hijab heroine

The fencer Ibtihaj Muhammad will be the first US athlete to compete in a hijab. Expect her to receive warm encouragement from Donald Trump...

8 American golden girl...

Look out for US champion gymnast Simone Biles. Given up by her drug-addict mother, Biles was raised by her grandparents. Now touted to be a star of the Games and already practising a floor routine to a samba soundtrack, Biles has also unveiled a fiendishly hard vault called a Cheng Fei.

9 ...And another

She's just 19, but Katie Ledecky could be the swimming sensation of the Games. The American is competing for three individual gold medals and is strongly fancied for all of them.

10 Men chasing eggs

Now that golf has seen the withdrawal of its heavy hitters, expect Rugby Sevens to take more of the new-sport spotlight.

11 Brazilians playing footie

The Brazilian football team has won five World Cups but has never won Olympic gold. For this reason, Neymar leads a very strong team this time round. And watch out for 19-year-old Gabriel "Gabigol" Barbosa, currently wowing them at Santos, the club that produced Neymar and some bloke called Pelé who was meant to be decent.

13 Comeback kid

Now 31, Michael Phelps's personal problems since London 2012 have included a drink-driving conviction and a stay in rehab. It seemed as though Phelps was finished as a force in the pool. But now the most successful Olympian ever in the water (he has 22 medals, 18 of them gold) is tipped for further glory.

14 Local difficulties

Brazil, as has been reported once or twice in recent months, is mired in political unrest and financial meltdown, with the threat of the mosquito-borne Zika virus hovering over the country. However, there have been predictions of disaster before just about every single Games staged in recent times. Somehow, the Olympics finds a way. Here's hoping the country pulls it off for the Games and beyond.

15 Doing the impossible

Dipa Karmakar (left) has already made history by becoming the first female gymnast from India to qualify for the Olympics. She's also a vault specialist, one of only a handful of women who even attempts the terrifying Produnova double-somersault. ▷

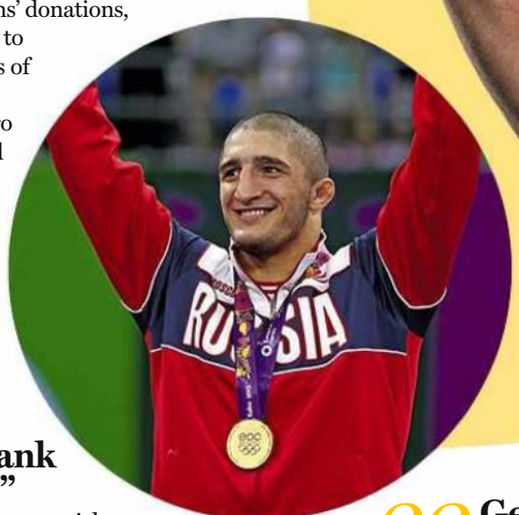
GETTY

16 Three old jumpers

John Whitaker will be competing for Great Britain in the showjumping at the age of 61 and he'll be joined by his spring-chicken sibling, Michael, who's a mere 56. Both men first represented GB at the Los Angeles Olympics (that's 1984, not 1932). Keeping up the average age will be hardy perennial Nick Skelton, 58 – proving that in showjumping, if you're good enough, you're old enough. But they're all striplings compared with Oscar Swahn – in 1920 he took part in the Olympic team shooting at the age of 72 and won a silver.

17 The Green Machine

Aka The Irish men's hockey team, who are back at the Olympics a mere 108 years after their last appearance. The mainly amateur team, which features teachers, IT workers and accountants, qualified for Rio by beating the much higher ranked Pakistan and Malaysia. Partly funded by fans' donations, they will be looking to emulate the exploits of their footballing counterparts at Euro 2016. As Father Ted once noted – albeit in reference to the Chinese nation – a great bunch of lads.



18 Meet the "Tank of Dagestan"

Possessor of the finest monicker at the Games, Russian wrestler **Abdulrashid Sadulaev** (above, aka The Tank of Dagestan) should be able to show he can live up to that billing in the 86kg class. At 20, he is the reigning world champion and should be among the favourites for gold.

19 An inclusive Games

Rio will see the first refugee team – which could number ten athletes – ever to compete in an Olympics. See page 24.

20 Hanky panky

This is the first summer Games where the dating app Tinder will be in use, making the always sexually febrile Olympic Village likely to resemble even more than usual the last days of the Roman Empire. Authorities are distributing 450,000 condoms in the Village – three times the number they gave away at London 2012. Celebrate those medals in style!

Groovy gear

No, sweat hasn't made cyclist Laura Trott's kit run, that's a cutting-edge mash-up of the four home nations' floral emblems. Stella McCartney's design incorporates a "British Coat of Arms" created by the College of Arms, with a Latin legend *Luncti in uno* ("conjoined in one"). It could be a collectors' piece if Scotland leaves the union before Tokyo 2020.

21

22 Gender fluidity

Expect this issue to be high-profile. It has been reported that Team GB includes two transgender members, while the Indian sprinter Dutee Chand, who was prevented from competing in 2014 after failing a hormone test, will compete in the women's 100m.

23 We'll win! Possibly

A year ago, a Dutch statistics firm was predicting that Great Britain would have a disastrous Games. This July, the company – Infostrada Sports, now Gracenote – suggested GB will finish fourth in the medals table with 18 Golds (and that's with Russia reinstated). Triumph or disaster? We shall see.

24 English Gardner

Whatever happened to nominative determinism? English is in fact an American sprinter.

25 Two for one

What's the best thing about the prospect of the Olympics coming to an end on 21 August? It won't be long then until the start of the 11-day Paralympics, which will light up Rio again from 7 to 18 September. Northern Irish sprinter **Sally Brown** (left) will compete in the T46 100m and 200m. She is part of a power couple with fellow Paralympic sprinter Jonnie Peacock.

JOHN NAUGHTON & MICHAEL HODGES

YOUR OLYMPIC TV GUIDE – CENTRE PAGES ▶

GETTY

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'He was petrified of water'

Adam Peaty is the golden boy of British swimming – but his mum says he's still scared to go in the sea without shoes

When Adam Peaty was a child, he hated being in the water. It was so bad that when his mother, Caroline, sent him for swimming lessons, she couldn't bear to be there.

"He was petrified – he didn't even like having a bath or a shower," says Caroline at the family home in Uttoxeter, Staffordshire. "He was like Mark, his father. He's not at all keen on water either. From the time he could stand, Adam would never sit down in the bath. When he was four I started taking him to swimming lessons because his two brothers and his sister had done them and I wanted all my children to be able to swim. But it was breaking my heart to see him scream, so I asked a friend to take him.

"Luckily Adam liked it. From then on he took lessons on a regular basis. Mind you, he still doesn't like the sea, and if he goes in he likes to have shoes on, and wear a knee-length swimsuit. He can't stand seaweed."

There won't be any seaweed to worry about in the Olympic pool in Rio, where Adam Peaty is the best hope for gold in a talented British swimming team. He's arguably Britain's biggest favourite in any sport.

Peaty, 21, first came to prominence at the 2014 Commonwealth Games when he beat his great rival Cameron van der Burgh, the Olympic champion from South Africa.

He has kept improving since then. Peaty holds three world records, and is the reigning Commonwealth, European and World champion at 100m breaststroke. He was named the male world swimmer of the year last year – and he wants Van der Burgh's Olympic title.

Swimming gold medals do not come along very often for British men. Since the 1908 Games in London there have been three, all breaststrokers: David Wilkie over 200m in 1976, then Duncan Goodhew in 1980 and Adrian Moorhouse in 1988, both at Peaty's favoured distance of 100m.

Moorhouse is now a successful businessman but he will be in Rio to commentate ▷

MAKING A SPLASH
Main: competing in the European Championships in May, and below, with his mum Caroline

REX

‘Adam’s the poster boy of swimming – one of the greatest of all time’

REBECCA ADLINGTON

Medal-winning recipes

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Samantha Murray

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◁ on the swimming. "I think I'm looking forward to it as much as Adam is," he says. "He's the best swimmer in the world – he's just got to get it out in the final.

"His technique is not dramatically different to mine, but he's doing it better than anybody ever has done. He's very powerful and he's taken it to another level. He's had a great couple of years and he seems to have a good support network, and to be managing himself very well."

When he was named in the team, Peaty said, "It's been a long time since 1988 but I like the pressure. It leaves me nowhere to hide. I'm definitely the strongest I've ever been. I want to make Britain proud." He also wants a tattoo of the Olympic rings and has vowed to get one after the Games.

Back when he started, Peaty and his parents had no idea how good he was. "He was always very competitive – he's different from his brothers and sister in that respect," says Caroline. "Right from his time at Dove Valley, the local club, everybody who was faster, they were the target."

When Peaty was signed up by City of Derby, one of Britain's top swimming clubs, at the age of 14, his mother had no idea what she was in for.

"It was really hard going, I'd have given up many a time," says Caroline. "I'd get up at four in the morning, drive him 40 minutes to Derby, sit and wait two hours while he was training, or go to Tesco, then drive him back again and do a full day's work as a nursery manager. Then we'd do it again in the evening.

"I've always hated driving, my husband doesn't drive, and I was so tired all the time. But Adam's willpower was stronger than mine and he'd say, 'Come on Mum, no staying in bed.'

"This went on for three-and-a-half years, until he passed his driving test. Towards the end some of the neighbours would help out and take him to give me a break every few weeks. We have a very tight community on our road."

For longer journeys, Adam's coach Melanie Marshall was the driver. Marshall was a top swimmer – she won six medals for England at the 2006 Commonwealth Games – until she retired straight after the Beijing Olympics in 2008. "I needed a job and I walked straight into the head coach role at Derby," says Marshall. "They took a chance on me, I took a chance on them, along came Adam and here we are.

"Without the support of his parents, Adam wouldn't be going to Rio. All those journeys to Derby and back, day after day, were a huge stress for the family. They didn't realise how talented he was – they thought I was some crazy coach telling them to take him swimming at 4am. His family has been a huge part of his success."

They still are, and Adam acknowledges as much. He lives at home and has laid down a rule of "no talking about swimming", which suits everybody. He walks his dog, Monty, when he can – otherwise Mark does it – plays computer games, watches television, and spends time with his girlfriend, Anna Zair.

Moorhouse says the family's support could make all the difference, especially as it helps with "mental recharging", which is crucial for top competitors. "It was the same for me, I lived at home. My parents sound similar to Adam's; they weren't from a swimming background and that can help. The conversation over dinner would be about something different. That gives you a daily mental break, which you need. If your parents are too involved you won't get that.

"That support system around Adam is critical. Look at Ian Thorpe and Michael Phelps – they kept coming back to a close-knit family."

Peaty has also needed a diet suitable for an Olympic athlete with barely an ounce of fat on his body. "I've coached him since 2009," says Marshall, "and the first time I saw him swim breaststroke fast, I thought, 'This lad's got something.' When he started he was like that three-wheeler that Del Boy used to drive in *Only Fools and Horses*. Then he became a saloon car, then a souped-up saloon, and now he's a Ferrari.

"The engineering is different for all those vehicles, and as he's got older he's needed different fuel. His nutritional plan is an evolution. Training sets he couldn't manage before, he's eating them for breakfast. He's a man now, not a boy. He's a Formula One car."

The double Olympic gold medallist Rebecca Adlington, also from the East Midlands, is a mentor for Peaty. "It's scary to think about how fast he could go," she says. "He has the best finish of anyone in the world, and he doesn't let the pressure get to him. And he has a heart of gold, and a great sense of humour. He hasn't changed at all – he's the poster boy of swimming, one of the greatest of all time, but he's still the same guy he was three or four years ago."

The only time he will "be a bit moody around the house", says Caroline, is when he is tapering – reducing the intensity of training in the weeks leading up to a major competition.

He loves cars and, thanks to his many successes and sponsorships, owns a Mercedes and an MG sports car. He is fiercely patriotic and, says Caroline "always talked about being in the RAF or the Army when he was younger".

Adlington became an overnight star when she won gold in Beijing in 2008, and Peaty could do the same. If all goes to plan he could be Britain's first gold medallist in Rio. "British swimming needs another gold medallist," says Moorhouse. "Adam can lift the sport's profile."

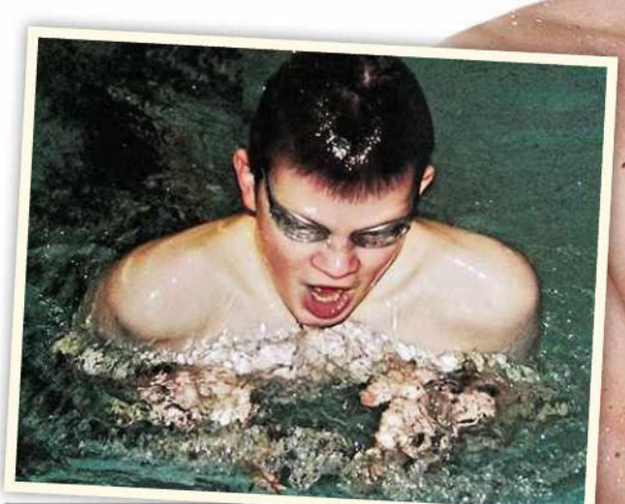
Caroline, Mark and Anna will fly to Rio to support Adam, which will be quite an experience for Caroline. "I've never flown before, never been further than France. I've always taken my leave around Adam's races in this country and I love to watch him, but this is going to be a shock."

But better, surely, than driving to Derby and back in the wee small hours.

BRIAN OLIVER

'Adam used to be a three-wheeler – now he's a Ferrari'

COACH MELANIE MARSHALL



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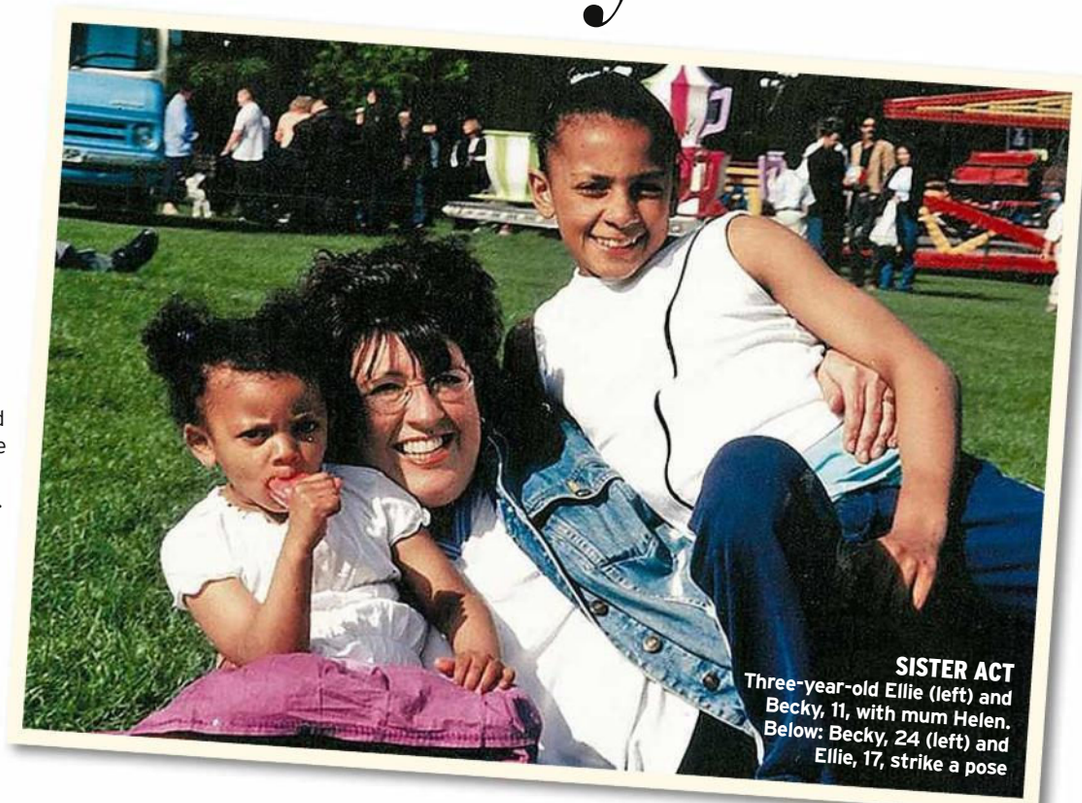
'My girls have always been extra bendy'

Helen Downie on her gymnast daughters, **Becky** and **Ellie**



SISTER ACT Three-year-old Ellie (left) and Becky, 11, with mum Helen. Below: Becky, 24 (left) and Ellie, 17, strike a pose

What were Becky and Ellie like as children?
I've never really had any sporting ambitions for either of them, but Becky was always doing backflips in car parks and restaurants and when we were out. When I gave up work to have Ellie I had more time, so I took Becky to a gym class when she was seven, and she just took off. When Ellie could walk I started her off in the preschool class and, surprisingly, it just took off for her as well.

Was there a moment when you realised that they weren't just good, they could be world-class?
When Becky started I didn't think she'd ever get as far as she has, I thought it was just a hobby. But when I went to her first competition she was actually really good, which surprised me, and she just got better and better. She's always had a will to win. Neither of them likes losing at all.

Where did the girls' talent come from?
Well, I'm not sporty! Their dad used to play football, but he's certainly not athletic so I think it's more drive and determination. And they've always been extra bendy.

What are they like as sisters?
They bicker about silly things like clothes and taking things out of each other's rooms, but they're not competitive with each other in sport – they help each other. It helps that they've got different disciplines [Becky is a bars and beam specialist, while Ellie favours the vault and floor].

How did you discover they'd both been selected to go to Rio?
Ellie got her phone call before Becky, which was hard because I wasn't with them – they were in the gym. Ellie rang me and said, "I've made it!" And I said, "What about Becky?" and she said, "Oh, she hasn't had a call yet." Then Becky came on the phone and burst into tears – it was a big relief.

Can you imagine how you'll feel watching not one but two children competing in the Olympics?
I'll cry when they're marching – I'm about to cry now! You just can't believe they're in front of so many people and you just want them to be happy and not stuff up their five minutes of fame. I get nervous and it's really strange to put into words. I didn't think I'd ever cry over a sport, but I have done now. I'm not overly emotional, but this brings emotions to the surface that I've never felt before.

Helen Downie is a child health worker and lives in Nottingham

Women's gymnastics begins on Sunday 7 August

GETTY

'They'd compete to empty the dishwasher'

Keith Brownlee on his triathlete sons **Alistair** and **Jonny**

STARTING YOUNG Keith with Alistair, ten (left), Jonny, eight, and youngest son Ed, four

Were they always running around outside?
The boys were very outdoorsy, from a very young age – Alistair in particular. My wife Kathy and I used to walk around with him pointing forward in the papoose so he was constantly kept entertained. As they grew up they'd spend hours and hours walking in the Yorkshire Dales and swimming in the rivers and lakes in North Yorkshire. They would go off for long bike rides. We often wouldn't know where they were or when they were coming back!

Were they always super competitive?
Oh, over absolutely everything. From Monopoly and chess to emptying the dishwasher or taking the clothes off the washing line.

Do they support each other?
They are massively proud of each other, very supportive. They race in a very similar kind of way and because of the nature of triathlon they can help each other. But once it comes down to the run, and particularly the last section of the run, it's full-on competition. And that's a bit nerve-racking, because clearly you don't want them to do any harm to each other.

Do you think having each other makes them better athletes?
Yes, definitely. From the training perspective – they train together – the motivation is there. If they don't feel like training one day they know their brother will be, so they have to motivate themselves.

Where does the boys' athleticism come from?
Kathy used to swim competitively, and I used to a run a bit for my school at county level, but it wasn't my running that got them interested, it was their school. Every Saturday they used to go and compete and they really enjoyed that. Jonny was always better at team sports, with Alistair focused on solo sports – triathlon started as his hobby.

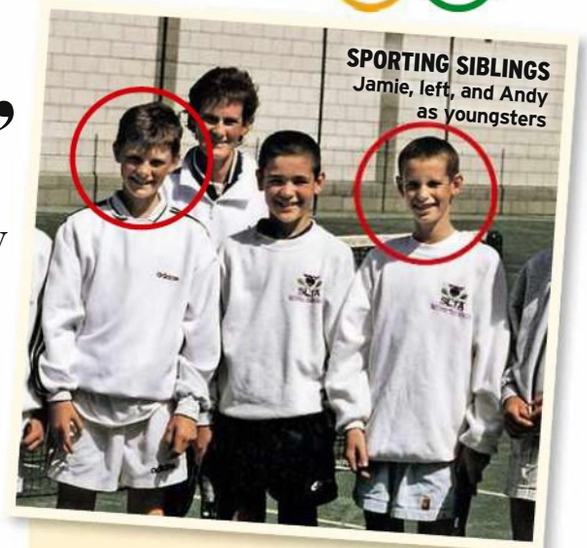
And did Jonny look at Alistair and think, "If he's doing it, maybe I can too"?
Definitely. He'll even say that. He was into football, cricket and that kind of thing, but Alistair was coming home with England kit and GB kit, travelling to New Zealand and Japan and attending training camps all over the place and Jonathan thought, "I can do that."

Are you used to the idea that they're among the best athletes in the world?
I'm not at all used to it! It's a very odd feeling indeed. They come around for dinner on Sunday and they're just the same Alistair and Jonathan who always come around. And then you see them on TV and there's a sort of disconnect.

How do you feel when you watch them?
Fantastically proud but also anxious. Flying around on those hills at ridiculously fast speeds wearing a bit of Lycra. I'll be glad when they're off the bike and even happier when they're across that finish line.

Keith Brownlee was a paediatrician for 30 years and now works for the Cystic Fibrosis Trust. He and his wife Kathy, a GP, live in Leeds

The men's triathlon is on Thu 18 Aug



SPORTING SIBLINGS Jamie, left, and Andy as youngsters

'Grandpa, play properly'

Roy Erskine on playing tennis with his grandsons, **Jamie** and **Andy Murray**

Were Andy and Jamie always competitive?
Both of the boys loved their tennis from a young age. When we were looking after them we would play with them, and even then it was obvious just how competitive they were.

So tennis was never just fun and games to them?
No – Andy didn't like it when I played drop shots or sliced the ball. He would say to me, "For goodness' sake Grandpa, play properly and stop doing those twiddly shots." Jamie didn't seem to mind me messing around. Andy always wanted to play what he considered to be proper tennis. He wanted to play proper shots so that we could have a rally.

When did you realise they were special?
It wasn't long before Andy was playing against the grown-ups in Dunblane and telling his very senior partners how to play and where to stand.

What's your relationship like with them now?
They are totally different boys. We don't speak to Andy on the phone much. We speak to Jamie more, though it's easier for him as his schedule isn't as demanding as Andy's. Though when he does phone, he wants to speak to his gran, not me! They're both great boys.

Roy Erskine is a former professional Scottish footballer. He lives with his wife Shirley in Dunblane

The men's tennis begins on Saturday 6 August

PHOTOS COURTESY OF KEITH BROWNLEE; HELEN DOWNEY; CAROLINE PEATY; ROY AND SHIRLEY ERSKINE; GETTY

INTERVIEWS BY KASIA DELGADO AND MARK HODGKINSON

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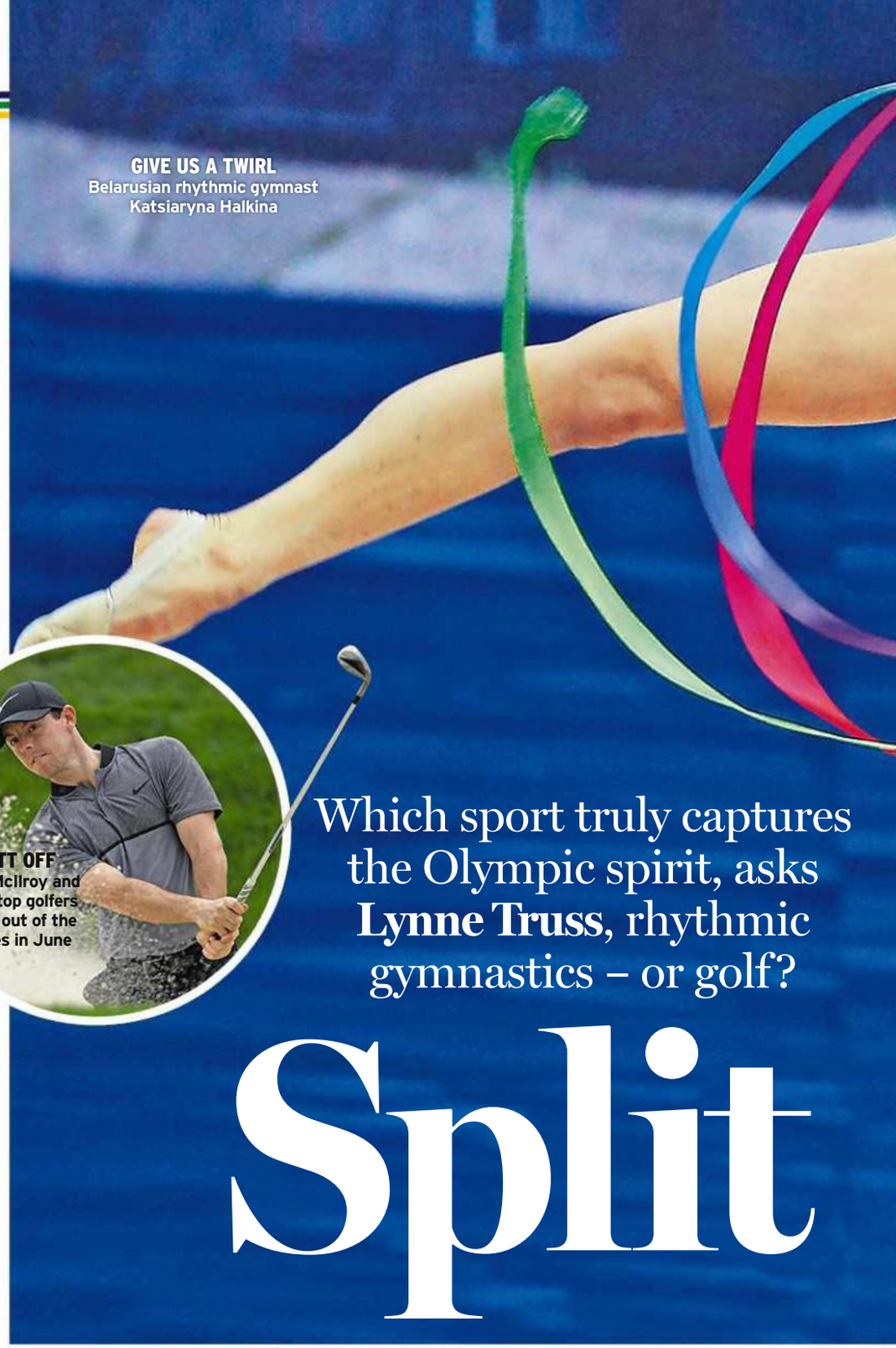
By the time the Olympics start on 5 August, I expect we'll be sick of the sight of a pair of animated alligators doing a synchronised diving routine, but at the moment, the BBC's pulse-raising, watch-the-Olympics video is really working for me. Jaguars race against other large jungle cats! A sloth uses a high branch as a gymnastics horizontal bar! An anteater throws the hammer (or possibly it does weightlifting, it's all quite fast and to be honest I can't identify all the animals).

Altogether, it is marvellous. Because this is what the Olympics are about: the world's top athletes competing to be best in the world at running, jumping, diving and swimming, and also chucking heavy objects huge distances without the danger of hurting anyone.

Now, there is one brand-new Olympic sport notably absent from this inspiring video: golf. While those lean cats leap and sprint, and another, unidentified muscular animal performs a breath-taking Fosbury Flop, one can't help noticing that there is no place in this exciting trailer for everything to grind to a standstill while a plump, furry little coypu (or whatever) stands for a minute or two over a tiny white ball with a long stick in its paws, tests his grip a few times, then does a few practice swings before backing off to consult with another, companion coypu (the one carrying the sticks) about how hard to hit the little ball and in which exact direction. The reason for this omission is obvious. Even if it was included in 1900 and 1904 (in the days when the Olympics also famously included tug-of-war), golf should never have been allowed back into the Games because it really doesn't belong there.

PUTT OFF
Rory McIlroy and other top golfers pulled out of the Games in June



GIVE US A TWIRL
Belarusian rhythmic gymnast Katsiaryna Halkina

Which sport truly captures the Olympic spirit, asks **Lynne Truss**, rhythmic gymnastics – or golf?

Split

Now, I like watching golf. I can be thrilled by a birdie putt or a miraculous chip; I love to see sand spraying out of a bunker as a ball explodes in the air and lands within inches of the hole. But when the world's namby-pamby top golfers started dropping out of Rio (using the Zika virus as their reason), I wasn't in the least surprised. Everything about golf is at odds with the Olympic spirit. It's a game you play with normal clothes on (although some golfers' outfits stretch the definition of normal). Unlike any other ball game, it involves hitting a ball that is stationary and therefore putting up no defence.

Skill in golf is definitely supplemented by luck. Meanwhile, the chance to compete against their peers is not a rare thing for golfers: it comes to them, in fact, week after week (and year after year). But above all, as Rebecca Adlington wisely remarked recently, an Olympic win ought to be the pinnacle of an athlete's career – and it would never represent such a pinnacle to an over-rewarded top-flight golfer.

But if the debate about golf's return to the Games makes us think about what the Olympics stand for, perhaps it's useful. We do need to be flexible in defining what the Olympics are about. As I write this, I'm aware that at the last Games, in London, I started out quite the purist, interested in only the swimming, rowing, fighting, riding and running. In the first week, my standout moment was in the boiling-hot Aquatics Centre (which Gary Lineker kept calling "the Aquotics Centre", do you remember?), watching Great Britain's Michael Jamieson come second in the 200m breaststroke.

The whole evening was an eye-opener: Jamieson's super-human burst of speed in the last 50m was sensational; the stifling and vertiginous working conditions at the Aquatics Centre made me very keen to switch to the airy out-of-doors rowing (even if I then risked electrocution from the combination of rain and laptop); meanwhile the whole breaststroke event provided me with an unlooked-for campaign issue: for the word "breaststroke" to be granted the hyphen that it so clearly cries out for.

'Yes, it involves sparkly leotards, make-up and a cheerful smile'

Yet, while the running and diving etcetera at those Olympics were properly heart-stirring,

decisions

that fortnight in 2012 also softened my attitude towards less dramatic tests of skill (eg air rifles at Woolwich) and towards those fringe "artistic" events that sometimes seem to have been included in the Games just because the Russians are good at them.

Rhythmic gymnastics is surely one of the most derided Olympic events, but blimey, don't let anyone tell you that it's not worth watching. Yes, it involves sparkly leotards, and there is make-up worn; yes, it's mainly about being impossibly bendy while maintaining a cheerful smile; yes, it's about utilising apparatus such as balls and hoops and clubs in frankly unnecessary ways. But if we're judging events by whether the Olympics event represents a pinnacle or not; whether competing in it is serious; rhythmic gymnastics passes the test with flying... well, with long flowing ribbons kept aloft in artful circles and zigzags while attached to a stick.

So there is much to be said for the proper, core Olympic events – the ones that we're led to believe occur in nature between primitive jungle-dwelling animals; the ones that demonstrate speed, strength and stamina. But when it comes to the more debatable inclusions in the Games, let's just say that the pinnacle test is the one that works best. Golf fails outright, because to the world of golf, the Olympics are self-evidently missable. Rhythmic gymnastics, on the other hand, is right where it belongs.

It may be true that no rainforest armadillo has ever tossed a hoop into the air, then done a double forward roll and caught the hoop between its bottom and its ankles while lying on its back. No jaguar has ever thrown a ball in the air, caught it deftly under its chin and then performed a one-handed cartwheel, either.

But for me, rhythmic gymnastics is a quintessential Olympic sport, because in 2012, when I saw the Russian world champion in the opening round lose control of a hoop, it felt quite like the end of the world.

Author and broadcaster Lynne Truss wrote the international bestseller, Eats, Shoots & Leaves

Rhythmic gymnastics competition begins Fri 19 August

GETTY

RAMI ANIS
100m butterfly

YOLANDE BUKASA MABIKA
Judo -70kg

Flagless

Cheer that tiny band of world-class athletes

Billy Connolly never liked the Olympic Games. "A bit Nuremburg," he said. You can see what he means. There does tend to be rather a lot of flag-waving at the Games. The victory lap with national flag has been de rigueur for many years; and rather too often for comfort, these celebrations seem to be about big, rich nations cocking a snook at small poor ones.

All the same, there are a couple of points to bear in mind. The first is that there was only one flag on view at the Nuremburg Rallies in Nazi Germany: at the Olympics Games in Rio more than 200 national flags will be streaming. The Games celebrate the boundless biodiversity of humankind, rather than human monoculture: and that seems to me good, not bad.

There will be 206 nations competing at the Olympic Games in Rio. But we humans are not defined entirely by our nationality. In an increasingly crowded, mobile and troubled world, there are plenty of people whose nationalities are complex, uncertain and elusive of exact definition. Johanna Konta, representing Britain in tennis, was born in Australia to Hungarian parents before settling in this country. Nationality is no longer a simple issue.

And there are increasing numbers of people who live in one country because they were driven out of another. This is one of the great crises of the current century: vast numbers of people unable either to return to the country they were born in or to be accepted anywhere else: the people of No-Country, the flagless people, the people who represent no place and every person.

We call them refugees: too many people in a world with too much trouble. Sometimes such lost and rejected souls get lucky, find a home, become accepted and play a vivid part in the life of their new country. Mo Farah was born in Somalia. He left that troubled place when he was a child. He is now British, one of the greatest runners that ever pulled on a set of spikes, and a double gold-medal-winner at the London Olympic Games four years ago.

The world is creating refugees faster than we can find them homes. There are many athletes – promising, perhaps with the potential to be the greatest ever – who won't be lining up at the Olympic Games in Rio because they have had other priorities in their lives – priorities like saving their lives and their family's lives, escaping from nameless horrors and trying to find a new life without fear of imminent death.

As a result they have been unable to train, to develop their talents, even to think of doing what they are best at. The flagless people are also the sport-less people. Their lives have been too grim for the joyous frivolities of games.

The administrators who run big-time sport seldom get a kind word from anyone. Our default position is mistrust at best. That's not just cynicism: the facts tend to bear it out, as the unfolding nastiness of FIFA and the International Olympic Committee's decision to pass the buck when it comes to Russia's state-sponsored doping programme. Russia can't

'The world is creating refugees faster than we can find them homes'

people

who represent No-Country, and us all, says **Simon Barnes**

compete in track and field, but the other sports are available to every drugs-cheat in Russia.

But the IOC has done something right and however much this goes against the grain, we need to applaud them. Look out for the Opening Ceremony: after Zambia and Zimbabwe and just before the host nation Brazil take the cheers of the crowd, a delegation of ten athletes will march past. They won't do so under the flag of their own nation because they haven't got one. This thing we take for granted is beyond their reach. So they will march behind the Olympic Flag, the flag of the flagless: and they will set out over the following 16 days of action to do their damnedest for the No-Country they represent.

This is ROT: the Refugee Olympic Team. Should any of them win a gold medal – and who wouldn't wish for that? – their victory will be greeted with the sound of the Olympic Anthem, which is a bit of a dirge but never mind: the thought is better than the tune.

All this was set up by the IOC, who asked all the constituent National Olympic Committees if they were acting as hosts to athletes of Olympic standard who lacked a country to represent. The process found 43 possibles, who have been narrowed down to the Rio Ten. Inevitably, the IOC sent their platitude machine into overdrive. The president, Thomas Bach, said: "They will be a symbol of hope for all the refugees in the world, and make the world aware of the magnitude of the crisis."

There's truth behind this rhetoric – but a much greater truth in the athletes themselves. They come from horrors we can't understand, but now they're the kind of intense, apparently rather boring people we recognise as the "focused" modern athlete. Never mind global politics: "You are an athlete, you just think about your race," said Yusra Mardini, a swimmer who fled from Syria and now trains in Germany.

Rami Anis left Syria because of bombing and the kidnap industry and didn't think about swimming again for five years, Now he's training in Belgium. Yiech Pur Biel, an 800m runner, escaped from South Sudan as children of his age – ten – were being drafted into the army. Now he's training hard in Kenya: "We refugees – we are human beings like other people, you see."

Award-winning sports writer Simon Barnes covered seven Olympics for The Times

5 OF THE FLAGLESS

RAMI ANIS The 100m butterfly competitor fled Syria for Istanbul aged 20 when the war began. He now trains in Belgium.

YOLANDE BUKASA MABIKA From the Democratic Republic of Congo, Yolande, now 28, sought asylum in Brazil in 2013.

ROSE NATHIKE LOKONYEN The 800m runner fled South Sudan for a Kenyan refugee camp in 2002, and trains in Nairobi.

YUSRA MARDINI Yusra, 18, left Damascus in 2015 and is now an official refugee, living in Berlin. She swims in the 100m freestyle.

YIECH PUR BIEL Also fleeing South Sudan to escape a civil war, 800m runner Yiech, 21, lived in a refugee camp in Kenya for ten years.

THE TIMES; © UNHCR GORDON WELTERS/KIM BADAWI/BENJAMIN LOYSEAU

A DAY OFF?
Team GB's Helen Glover photographed in 2015 in East Molesey, London

'For 21 days we don't get a single day off. Weekends don't exist'

HELEN GLOVER

The toughest woman in sport

Helen Glover is the world's number-one rower – so why does success always come with a but?

During her preparations for Rio, Helen Glover trained in anticipation of a particular moment: "I sit on the start line knowing that races are won by the person who is happiest to leave themselves in the most pain for the longest."

She says this very happily, which explains why the 30-year-old from Truro is officially the world's top-ranked female rower: Olympic champion, three-times world champion, triple European champion and a multiple World Cup gold-medal winner. For sports fans, the Olympics is about the thrill of witnessing the motto *citius, altius, fortius* translate into new records. For Glover, "faster, higher, stronger" is the aim of every training session, every race, every gym circuit, every challenge.

When it comes to tough conditions such as crosswinds and unsettling waves, Glover simply sees opportunities to "up-skill". When it comes to wearing the mantle of "toughest woman in sport", she and pairs partner Heather Stanning relish competition even within the GB squad. "Training can be very competitive," she says. "Heather and I are looked at as the standard, so it's important that we live up to that for ourselves but also for the rest of the team. We strive to make our bad day still good enough to win."

Glover is a product of the GB Rowing Team Start programme, the talent identification and development initiative supported by National Lottery funding. She only took up rowing at the age of 22, and won her gold medal at London 2012 four years later. Her athletic ability is one thing; her motivation to put herself through a gruelling programme is quite another, inspiring awe even in her fiancé Steve Backshall, the daredevil TV naturalist.

"Nobody can underestimate what Helen goes through on a day-to-day basis," he says. "Enough is never enough for her. She can row a personal best and I'll be, 'YES!' And she'll say, 'No, it's terrible.' She will be cross for not having gone a couple of seconds faster. She feels her competitors' breath on her neck even when she is beating them by lengths in the boat. She never has a sense of satisfaction."

Never? If pushed, Helen does recall a few moments of quiet satisfaction. "I'd been rowing for six months," she says, "and the first time I came top of the World Class Start Group, I was told the result and nodded, then went to the bathroom and in private went, 'YES!'

"The second time was six months after Heather and I won gold in 2012. I was doing a mundane task and felt a wave of acceptance come over me about what we had achieved. It went as quickly as it came. I'm not one to dwell on where I was in the past.

"And in the last year or so – similar to the first when I won a time trial I wasn't favourite for – I looked at the results and found my name at the top and gave a little cheer. It's not that I'm never pleased, but there's always a caveat. I'm pleased BUT… With me, there is always a but."

In a year divided into blocks of relentless training, the three-week summer camp in Breisach, Germany, was physically the toughest part of a process of putting in mileage and working on speed, designed to sweep the pair down the 2,000m course in under seven minutes. "As the Olympics gets closer you motivate yourself by ensuring you've done everything possible to be at your best for competition," she says. "This means pushing yourself to the limits physically and mentally.

"For 21 days we don't get a single day off. Weekends don't exist. The best aspect is you can totally focus on training: no food shopping, no friends popping over, no commitments other than focusing on going faster. The downside is the time spent away from Steve and my family."

SARAH EDWORTHY

TRAINING FOR GOLD

6:30 "We get up and go to morning monitoring, where our hydration is tested and body weight measured," says Helen Glover. "Breakfast is cereal, banana, yoghurt and toast. Then our first session might be a couple of hours on the water, covering lots of miles and getting feedback from coach Robin Williams."

11:00 "Second breakfast of poached eggs, toast, fruit and a muffin. Then it's another water session, about an hour and a half, but with some pieces of harder work such as four ten-minute sessions of increasing intensity."

12:00 "Lunch is spaghetti bolognese and broccoli followed by yogurt, fruit and chocolate or ice cream. Our afternoon session is weight training with main lifts of squats, cleans and bench press. I'm proud of my agility, it really helps in the boat as I can move into position with good co-ordination with the boat and the oar. Then there's a snack of protein gel and banana then a physio session."

19:00 "Dinner of chicken with pasta and vegetables, fruit and chocolate. Evening meeting to review training. Heather, Robin and I are a unit. We work on the same programme as the whole squad so we can compare times across the group. It's a good mix of being internal but feeling part of a wider group. Pre-bed snack of cereal."

21:00 "Go to bed, knowing I'll be up at 6.30am to do the whole routine again. It's the constant nature of training that makes it tough. Sometimes my waking thought is how accomplished I'll feel just getting through training that day."

GOLDEN GIRLS Helen Glover and Heather Stanning winning at London 2012

JULIAN FINNEY / CONTOUR BY GETTY IMAGES; GETTY

YOUR OLYMPIC TV GUIDE – CENTRE PAGES ▶

Eat like a champion

From saddle snacks to knockout kebabs, food is fuel for our Olympic stars

PEAK PERFORMANCE REQUIRES perfect preparation, whether you're at the gym or in the kitchen. And when you're cooking up plans to win Olympic gold, everything that goes into your body counts.

You really are what you eat, says sport and exercise nutritionist Wendy Martinson OBE, the lead nutritionist for the GB rowing team. "Part of being an elite athlete is eating well consistently," she says. "It's not a case of eating properly for a few weeks leading up to the Games, it's a lifestyle. What you consume can make a difference to how your body responds to each training session. There's nothing wacky in an athlete's healthy diet. They eat a balance of all the major food groups – they just eat a lot more than someone off the street, and at specific times."

So what's on the menu for Team GB? For reigning flyweight boxing champion Nicola Adams, it's kebabs. "Eating correctly is absolutely critical," says the first woman ever to win Olympic boxing gold. "We need to make sure we have the energy to train hard, yet stay within five percent of our competition weight, so kebabs are an ideal evening meal. They provide a source of lean protein to help with recovery, yet are not high in calories. They also taste great."

Here, Nicola and some of our other brightest medal hopes – swimmer Fran Halsall, sprinter Adam Gemili and cyclist Mark Cavendish – serve up their favourite recipes, and show us mere mortals how we can all eat like champions.

SARAH CARSON

FOOD STYLIST ELLIE JARVIS; SET DESIGN BY PROPPED UP

PHOTOGRAPHED EXCLUSIVELY FOR RADIO TIMES BY
ANDREW SWANNELL

Cav's Mountain climb cherry and fig flapjacks

MARK CAVENDISH, 31, is the most successful sprinter in the history of the Tour de France, with 30 stage wins. He's also teaming up with Bradley Wiggins for the multi-event omnium in the velodrome.

PERFECT FOR Refuelling after a long ride
NUTRITION FACTS Per serving: 303 kcal, protein 7g, carbs 38g, fat 13g

MAKES 8 BARS

- 6 tbsp manuka honey
- 2 tbsp rapeseed oil
- 3 tbsp organic peanut butter
- 280g porridge oats
- 3 tbsp flax seeds
- 1 tbsp chopped dried cherries
- 4 chopped dried figs

1 Place the honey, rapeseed oil and peanut butter in a large saucepan over a medium heat and mix well until combined. Add the remaining ingredients and stir until all of the ingredients are combined.

2 Place the mix into a lined baking tray and cook at 180°C/gas mark 4 for 12–15 minutes. Once cooked, cool before slicing and serving.

NUTRITIONAL BENEFITS Oats, cherries and figs are full of carbohydrates for energy.

Men's road race is on Saturday 6 August
Men's omnium starts Monday 15 August

Nicola's Knockout chicken kebabs

NICOLA ADAMS, 33, is the first woman to win an Olympic boxing gold – she's hot favourite to win flyweight gold in Rio.

PERFECT FOR Building muscles
NUTRITION FACTS Per serving: 386 kcal, protein 65g, carbs 0.75g, fat 13g

SERVES 2

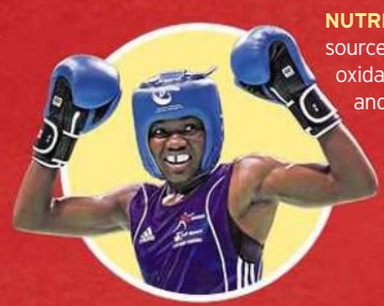
- 3 skinless chicken breasts
- 1 tbsp olive oil
- 1 pinch ground cinnamon
- 1 pinch ground cumin
- 1 pinch ground coriander
- 1 tsp honey
- Juice and zest of 1 lime
- 1 tbsp finely chopped coriander leaves

1 Cut the chicken breasts into 12 equal pieces and place into a large bowl. Add the remaining ingredients to the bowl and mix well. Cover the bowl and leave to marinate in the fridge for 1 hour.

2 Remove the chicken from the fridge and place 3 pieces of chicken on to each of four kebab skewers.

3 Heat a griddle pan over a high heat and place the kebabs on the pan. Cook until golden all over, then place into an oven at 180°C/gas mark 4 for 5–6 minutes. Serve immediately in a tortilla wrap.

NUTRITIONAL BENEFITS Chicken is a great source of lean protein, spices are full of anti-oxidants that support the body's immune system, and wraps contain carbohydrates for energy.



Women's flyweight begins on Friday 12 August

MORE RECIPES OVERLEAF ▶

Fran's "Fuel for the Pool" porridge

FRAN HALSALL, 26, is a Commonwealth Games record holder – she's going for a medal in the women's 50m freestyle.

PERFECT FOR Fuelling an early morning swim

NUTRITION FACTS Per serving: 461 kcal, protein 15g, carbs 74g, fat 11g

SERVES 2

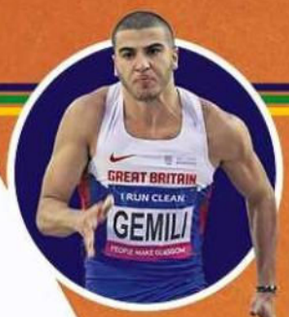
- 150g rolled oats
- 400ml semi-skimmed milk
- 50g blueberries
- 1 tbsp chia seeds
- 1 banana, sliced
- 1 tbsp cocoa nibs

1 Warm the oats and milk together (in a pan or microwave), stirring regularly, to make porridge. Transfer to two bowls.

2 In each one stir in the blueberries and chia seeds. Slice and add the banana and sprinkle with cocoa nibs.

NUTRITIONAL BENEFITS Oats and bananas are good sources of slow release carbohydrates, calcium in milk maintains bone health and seeds support muscle growth, repair and recovery.

Women's 50m freestyle heats begin on Friday 12 August



Gemili's Chicken, lime & cashew stir fry

ADAM GEMILI, 22, is the European champion at 200m – at Rio he's also competing in the 4x100m relay.

PERFECT FOR Helping muscles recover quickly

NUTRITION FACTS Per serving: 502 kcal, protein 49.5g, carbs 16g, fat 27g

SERVES 2

- 2 skinless chicken breasts
- 1 tbsp sesame oil
- 1 tbsp ginger, finely chopped
- 1 red chilli, finely chopped
- 2 cloves garlic, finely chopped
- 4 tbsp cashew nuts
- 1 large handful bean sprouts
- 4 kale leaves, finely chopped
- Juice and zest of 1 lime
- 4 tbsp soy sauce
- 1 tbsp fish sauce
- 1 bunch coriander, roughly chopped

1 Slice the chicken breasts lengthways into thin slivers and set aside. Now ensure your remaining ingredients are already prepared and close to hand as the cooking process is very quick.

2 Heat a large wok over a high heat and add the sesame oil. Just as the oil starts to smoke add the chicken and cook until coloured.

3 Keep the chicken moving in the wok for 2–3 minutes. Now add the ginger, chilli and garlic and cook for a further 1 minute.

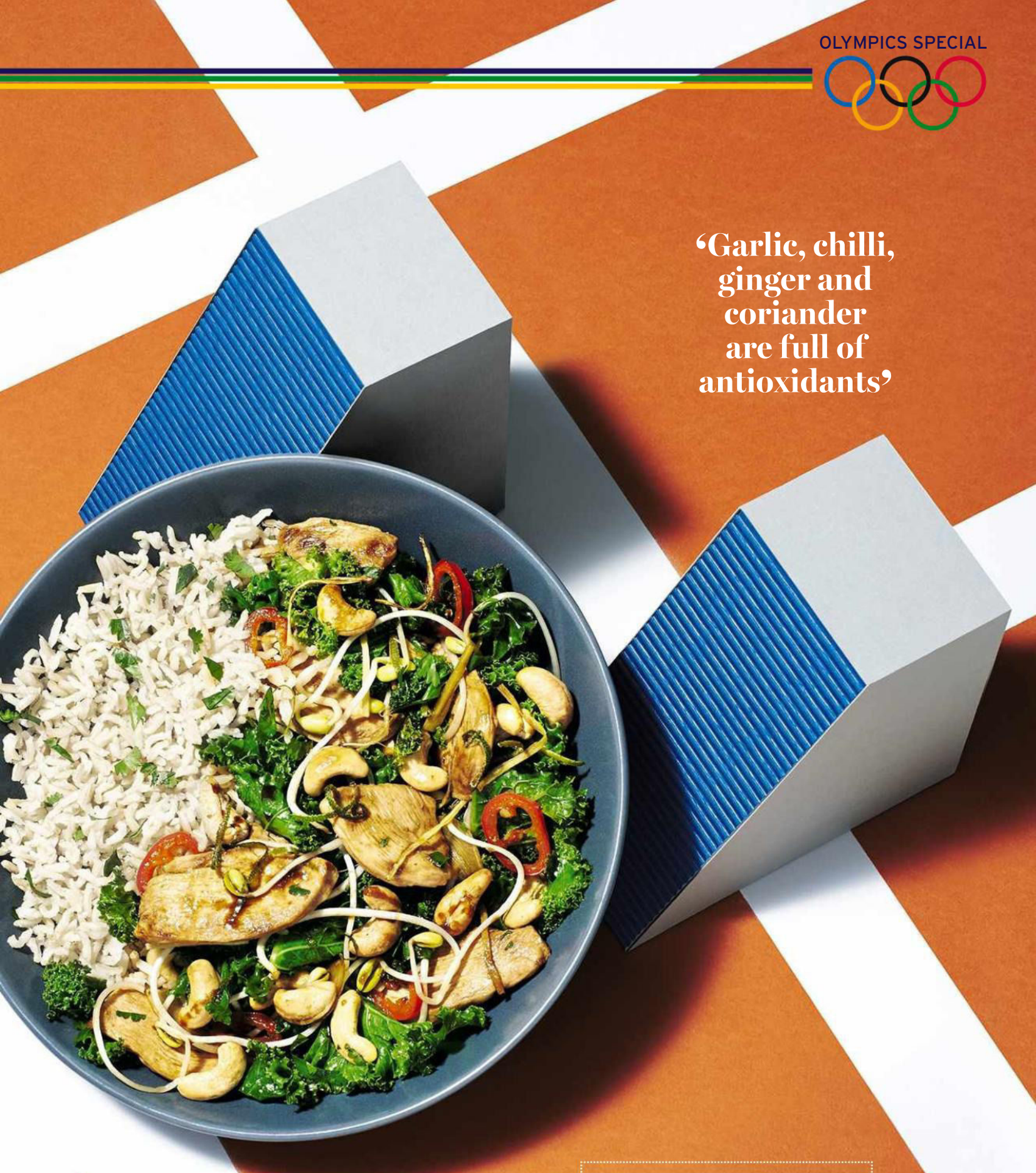
4 Add the cashew nuts, bean sprouts and kale leaves and cook for 1–2 minutes.

5 Next add the lime juice and zest, soy sauce and fish sauce and give the pan a good toss. Allow the sauce to reduce slightly and add the coriander leaves.

6 Give it one last toss and serve. This is perfect served with steamed pak choi and steamed rice.

NUTRITIONAL BENEFITS Garlic, chilli, ginger and coriander are full of antioxidants, which help fight off illness, and chicken provides a great source of lean protein to strengthen and condition muscles.

Men's 200m heats begin on Tue 16 August
Men's 4x100m relay heats begin Thu 18 August



‘Garlic, chilli, ginger and coriander are full of antioxidants’

▷ Find many more healthy, delicious recipes from GB Olympians at **thefoodchampions.org**

▷ The Food Champions campaign is a collaboration between the National Lottery and the country’s top sports nutritionists from the English Institute of Sport (EIS), and aims to apply the eating regimes of professional sportspeople to everyday lifestyles.

RT *Shop*

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Celebrate the 2016 Summer Olympics with these products from Radio Times Shop.
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RADIO TIMES SUMMER OLYMPICS PUZZLE £27.90

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With the Olympics in full flow, enjoy the challenge and the high quality of this 250-piece jigsaw puzzle celebrating the 1964 Tokyo Olympics. A finely cut wooden jigsaw featuring unique Wentworth "whimsy" pieces. This puzzle measures 360x250mm making it the perfect accompaniment to a cup of tea and a biscuit.

FEATURES INCLUDE

- The completed image is an illustration by Victor Reinganum, which was the front cover of the *Radio Times* in October 1964.
- Includes unique whimsy pieces to make the puzzle an even more rewarding challenge
- High-quality British-made craftsmanship
- A cotton drawstring bag to keep the pieces safe

This puzzle is a limited edition treasure to coincide with the Rio Olympics, with only a limited number produced. Order now to avoid disappointment

ROBERTS SPORTS DAB2 RADIO £79.50

DONT MISS A SINGLE SPORT

This handy radio is the ideal companion for the discerning sports fan. With built-in speaker and headphone socket, it's perfect for when you are on the move, at home or in the garden but want to keep up with the latest sports coverage. The Sports Personal DAB 2 is designed with a telescopic aerial for stationary use, while the headphones double as the aerial when you're out and about. This versatile handheld device features a built-in rechargeable battery – and you also have the option to power the radio using the mains.

FEATURES INCLUDE

- Easy one-hand operation
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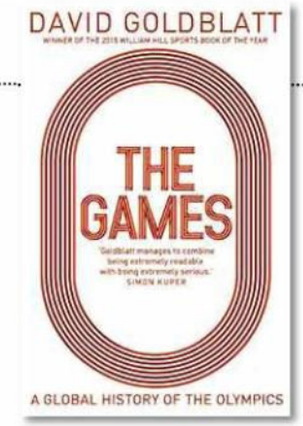
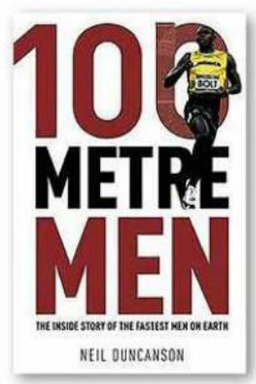


RT WINNERS!

THE GAMES: A GLOBAL HISTORY OF THE OLYMPICS £16
A sporting, social and political history of the modern Olympic Games, illuminated with dazzling vignettes from over a century of Olympic completion. This stunningly researched history captures the excitement of sporting brilliance and the kaleidoscopic experience of the Games.



100 METRE MEN £9.50
It takes less than ten seconds to run, but to the winner of the men's 100 metres goes the accolade of "The Fastest Man on Earth". First published in 1988, this revised and updated edition includes the men's 100 metres final at the London 2012 Olympic Games when Usain Bolt won his second gold medal.

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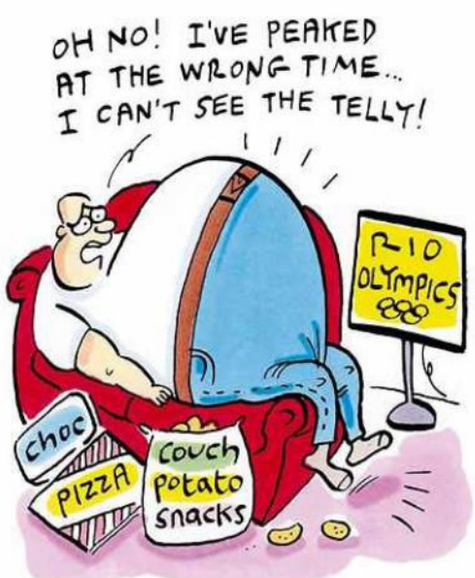
Sit down, shape up!

Get fit for 16 days of Olympic action with broadcaster **Martin Kelner**

As anybody about to participate in the Olympics will tell you, preparation is all; ensuring body and mind are in absolute peak condition, ready to be tested to the limit at the world's biggest festival of sport. And if that's the case for the athletes, how much more true is it for people like me, sport-loving sofa-sprawlers facing the binge watch to end all binge watches – 16 days of sport on the BBC?



I've never competed in sport at the highest level – or the lowest, if I'm honest – so any kind of training regime is alien to me. But I know what I'm talking about – for 16 years I wrote a newspaper column about watching sport from the comfort of my own sofa.

ADJUST YOUR BODY CLOCK

Because of the four-hour time difference between Rio and the UK, many of the big events will climax at two or three o'clock in the morning our time, and while I'm prepared to sacrifice the women's singles table tennis final at 1.30am on Wednesday in the first week, I'm determined to keep my eyes open for Mo Farah in the 10,000m final at 1.25am on Saturday 13 August.

It's true I could watch the rerun on *Olympic Breakfast*, but as any proper sports fan will tell you, it's live or nothing, which makes for a tough weekend, with the men's 100m final scheduled for 2.25am the following day.

MAKE YOUR TEA GREEN

Left to my own devices, I would favour lots of black coffee, energy drinks, and my chocolate of choice (any chocolate, basically). But fitness expert Mark Hoban, one of the athletes who competed in the BBC reality show *Last Man Standing*, begs to differ. If you really need caffeine, he says, restrict yourself to a small espresso: "You don't want to be in the loo as Mo is rounding the final bend." And if you don't feel quite continental enough to sip your drink from a tiny cup, he recommends green tea.

"The body is naturally designed to go to sleep, but a cup of green tea, which is full of antioxidants, can mimic a coffee and fool your body into staying awake."

It's advice I'm inclined to take, coming from a man who used to make a living as a kickboxer and could easily get a boot in the solar plexus any time his attentiveness level slipped. I've already marked out fencing and weightlifting as events that can proceed without me while I take a garden break.

DO THE CRISP CRUNCH

Injury analyst Ben Dinnery provides my second expert opinion – on the pressing problem of snack selection: "Place all your snacks on the highest shelf in the kitchen so you have to stretch up to reach them, and put all your drinks right at the bottom of the fridge so you have to bend low, or possibly squat, to get hold of them."

CELEBRATE EVERY GOLD

Ben's an expert on sport injury issues, and therefore the ideal person to help me with my third major concern as I approach my sofa-based marathon – the effect on my not exactly highly tuned physique of long periods of

inactivity, like a long-haul flight every night.

"The main issue is the lack of stimulation for your body. Make sure you get out of your chair every ten minutes or so and do some stretches, get your blood pumping," Ben tells me. "Celebrate like the athletes. Cheer, throw your arms up in the air, jump around. It all helps."

Like most coaches, Ben and Mark adhere to the old adage about preparing to fail if you fail to prepare. "Start in the build-up," says Ben, "Get off the bus two stops before you need to, walk to the shops instead of going in the car."

And when there's an event in the early hours you want to remain alert for, Ben recommends a 15- to 20-minute catnap in the afternoon: "Just sit down in a quiet place, cover your eyes and set an alarm so you don't sleep too long."

It's a sleep pattern that takes some getting used to, and I have to confess it's the one part of the training I'm working really hard at.

EDITED BY ANDREW COLLINS

Gold medal movies

Take a breather from all this sport… Now's your chance to catch these must-see movies, says **Barry Norman**

What a splendid summer of sport we're enjoying. So many wonderful memories such as… No, hang on. If you're not interested in sport you'll be tempted to give up reading this right now.

I'm told there are such people and, frankly, I feel sorry for them because I think they are missing something that is somehow both trivial and important.

But, never mind. I have words of cheer for the non-sporty. I know it's been tough for you – everywhere you look sweaty athletes dominating the TV screen, as for instance at Euro 2016 when plucky little England (population 53 million) came very close to achieving a draw against the footballing might of Iceland (population 323,000).

'What to watch while Usain does his stuff?'

What a thrill that was.

And then we had loads of tennis – the French Open and, gloriously, Wimbledon with Andy Murray winning *again*! – England beating Australia at rugby and playing Sri Lanka and Pakistan at cricket…

At which point non-sports lovers will be crying, "Enough already!"

But no, for now we come to the mother lode — the Olympic Games (I had hoped without the Russians) in Rio. And that goes on for two weeks.

So what to watch while Usain Bolt and company are doing their stuff?

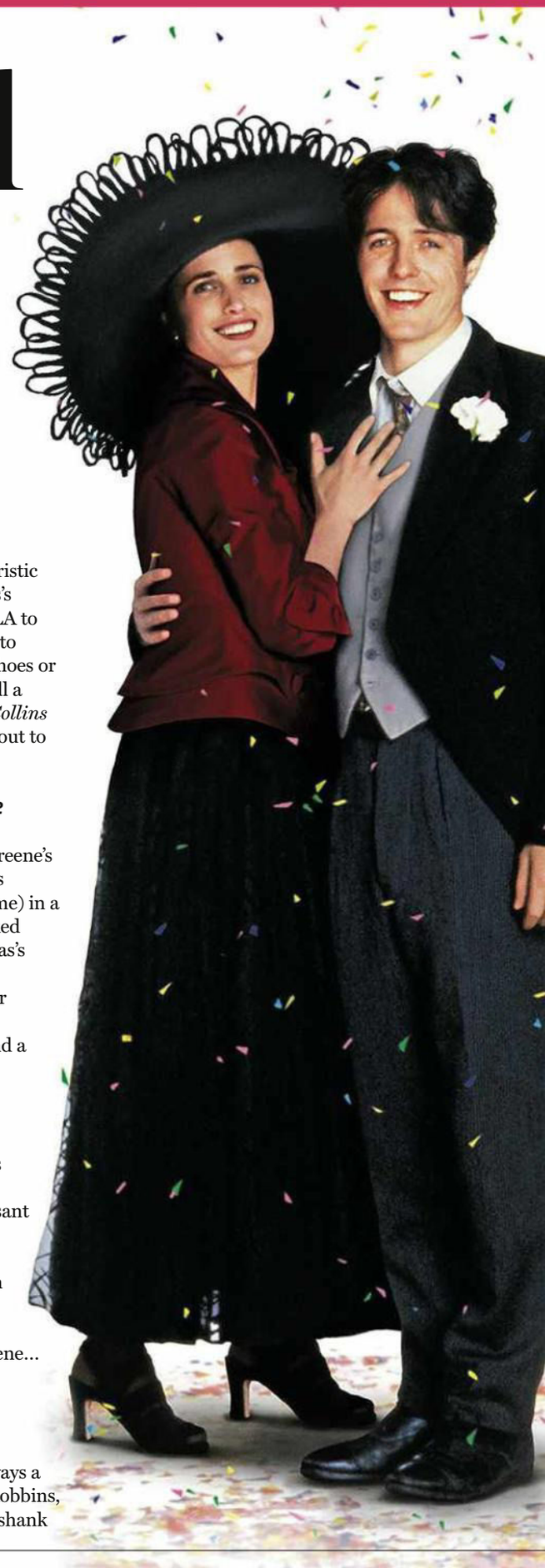
I know there will be films you've always meant to see, films you don't even dare admit you haven't… Well, here follows a list of just such movies. And if you dislike movies as well as sport then, in the words of Butch Cassidy, "I can't help you, Sundance."

DIE HARD *Saturday 10.45pm* ***Film4***
In the Reaganite 80s, you had the militaristic Rambo, and John McClane, Bruce Willis's boozy, sarky New York cop, who flies to LA to meet his estranged wife at work and has to outwit Alan Rickman's goons. Without shoes or a shirt. Witty, thrilling, inventive, and still a high-water mark of its decade. *Andrew Collins*
MUST SEE Bruce, in a vest, unarmed, about to die… then the jingle bells

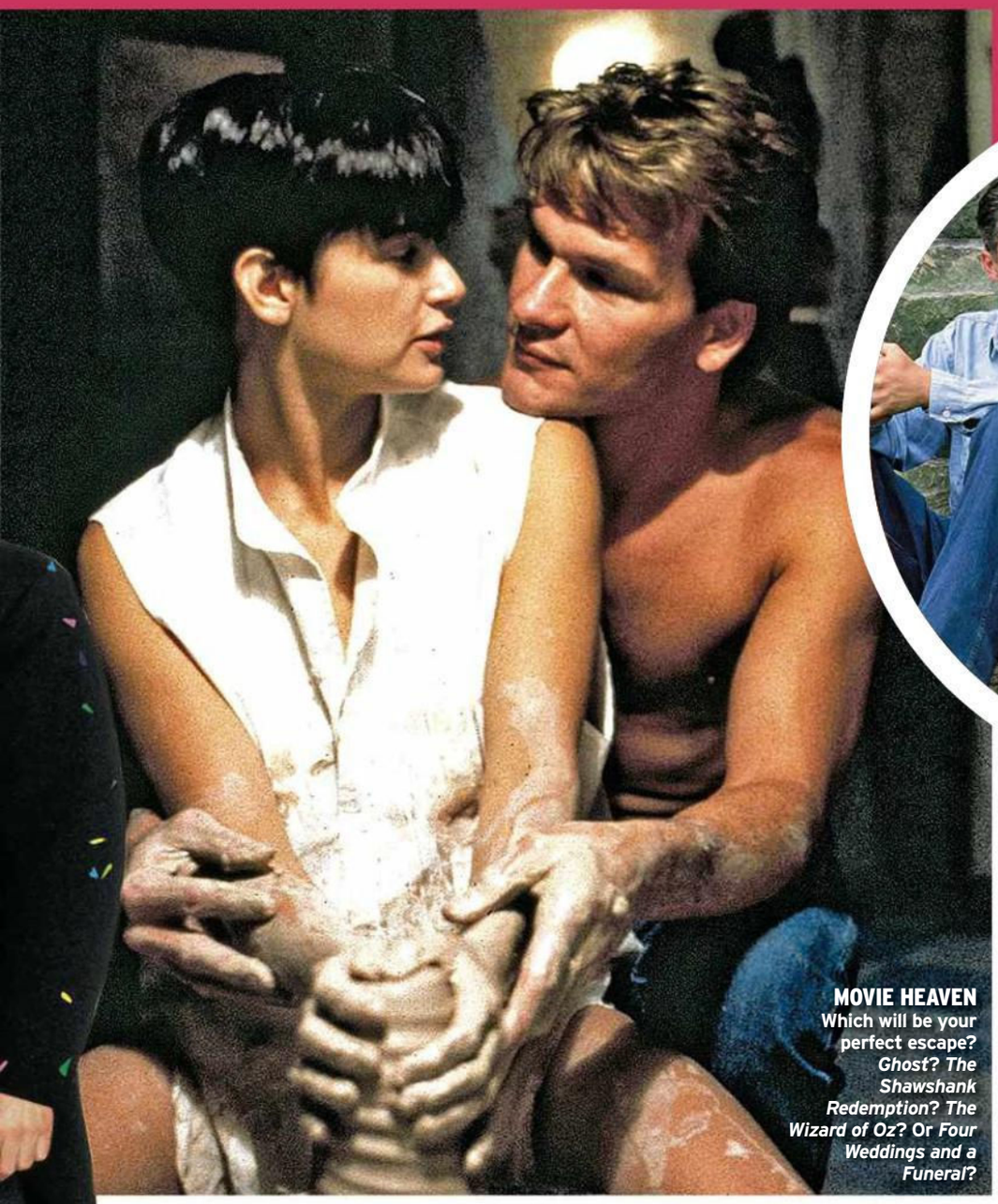
THE THIRD MAN *Sunday 1.00pm* ***BBC2***
The yardstick by which all other British thrillers should be measured. Graham Greene's story about Joseph Cotten's search for his missing friend (Orson Welles's Harry Lime) in a vivid, late 1940s war-torn Vienna is packed with unforgettable moments. Anton Karas's zither music is up there with the best of musical scores. Everything blends to near perfection. *Barry Norman*
MUST SEE Orson Welles, Switzerland and a cuckoo clock – what a combination!

GHOST *Sunday 11.20pm* ***C4***
Everybody has seen the iconic *Unchained Melody* potter's wheel scene with shirtless Patrick Swayze assisting Demi Moore in sensual clay manipulation – and its incessant parodies – but who's seen the whole 1990 film? A psychic romance, it depicts an enviably handsome New York couple torn apart by death, and their attempts to communicate through the ether. *AC*
MUST SEE Yes, yes, the potter's wheel scene… but watch it in context

THE SHAWSHANK REDEMPTION
ITV Player
Some say this is the finest film ever – always a wild claim, though it is very good. Tim Robbins, a banker, is sentenced to life at the Shawshank



ALAMY; ALLSTAR; KOBAL



MOVIE HEAVEN Which will be your perfect escape? *Ghost*? *The Shawshank Redemption*? *The Wizard of Oz*? Or *Four Weddings and a Funeral*?

State penitentiary for murdering his wife, although he pleads innocence. How he copes with conditions there, and especially his relationship with fellow lifer Morgan Freeman, make for gripping viewing. *BN*
MUST SEE The best use of Rita Hayworth in a film not starring Rita Hayworth

THE WIZARD OF OZ *Monday 6.55pm* ***TCM***

Still perhaps the best of family films, a glorious fantasy set in the Land of Oz where young Judy Garland is magically transported. There she finds the cowardly lion, the tin man, the scarecrow, munchkins, witches, adventure and peril. All this and *Over the Rainbow*. Sheer bliss for everyone. *BN*
MUST SEE Young Dorothy emerging from her black and white house into a Technicolor Munchkinland

THE JUNGLE BOOK

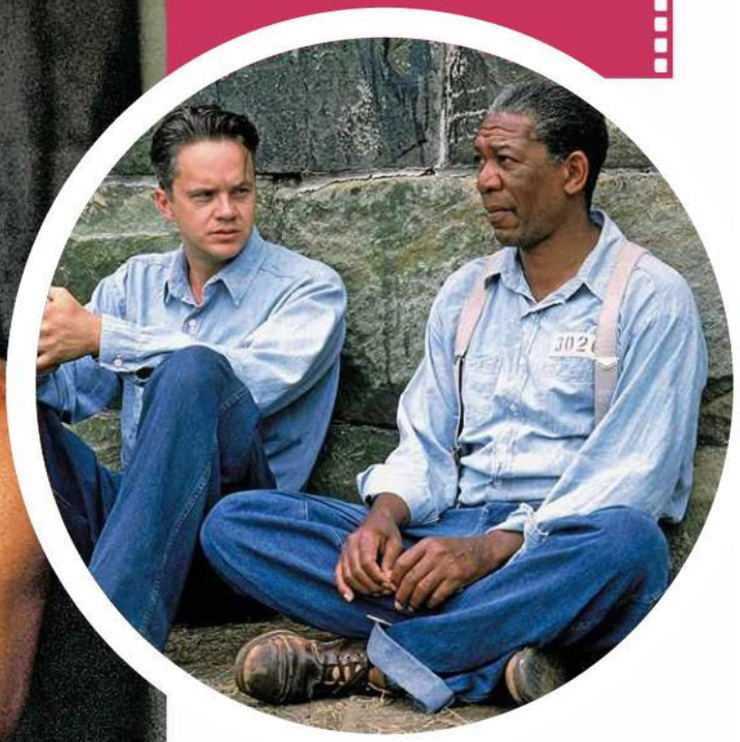
Monday 8.00pm ***Sky Disney***

Anyone raised on laser-etched Pixar computer animation should see how it was done half a century ago, with Disney's artists at a zenith of funky, feathery draftsmanship. With unforgettable show tunes by the Sherman brothers and Terry Gilkyson, and a voice cast to swoon over, this animal cracker never ages. *AC*
MUST SEE *The Bare Necessities*, as jazzily performed by the incomparable Phil Harris

FOUR WEDDINGS AND A FUNERAL

Wednesday 5.55pm ***Sky Comedy***

Whenever a British comedy strains for international box office by parodying what the Americans think of us, they do so in the matrimonial shadow of the effortlessly droll *Four Weddings*. Writer Richard Curtis's evergreen portmanteau of happy (and unhappy) events minted Hugh Grant's stuttering charm and made a US actress contractual for all future attempts. *AC*
MUST SEE Hugh Grant's opening symphony of f-words



CASABLANCA ***iTunes***

A timeless Second World War classic with Humphrey Bogart and Ingrid Bergman as star-crossed lovers reunited in North Africa and more quotable lines than any other movie. This is romantic adventure at its very best. Crackling sexual electricity between the two stars and great support from the likes of Claude Rains. *BN*
MUST SEE Ingrid Bergman's entrance to Rick's Café and that song request to pianist Sam

REAR WINDOW ***Netflix***

Whip-smart dialogue, the biggest set ever built at Paramount at that time, and Alfred Hitchcock having the voyeuristic time of his life. This superannuated chamber piece is a Technicolor jewel in Hitch's canon. The immobilised James Stewart spies on his neighbours and ignores Grace Kelly's overtures in favour of solving a murder he thinks he's seen. Pure class. *AC*
MUST SEE You actually get to stare through other people's windows...

SCHINDLER'S LIST ***Amazon Prime***

Steven Spielberg's masterpiece about the Holocaust, based on the life of Oskar Schindler (Liam Neeson), a German who saved the lives of more than a thousand Jews by employing them in his factories. It's gruelling and deeply moving with a standout performance by Ralph Fiennes as a Nazi SS officer. *BN*
MUST SEE The little girl in the red coat in a colourless world

Film Reviews

FILMS ON BBC1, BBC2, ITV, C4 AND C5, AND OTHER DIGITAL HIGHLIGHTS

Saturday 6

DID YOU KNOW? Elle Fanning was only 12 years old while filming her driving scene, so an adult drove the car from the back seat with a mini steering wheel

ANDREW COLLINS

FILM OF THE DAY

P Super 8 ★★★★
9.00-11.15pm ***C4*** 12

SCI-FI ADVENTURE Sure to prick the nostalgia glands of anyone old enough to have grown up in the 70s – the sight of an Aurora glow-in-the-dark Hunchback of Notre Dame model gave me an early Proustian rush – *Super 8* is a pacey, 1979-set tale of suburban school-age derring-do in the face of disbelieving adults. Written and directed by future *Star Wars/Trek* custodian JJ Abrams, it's a stylistic love letter to Steven Spielberg (who also produced it), in which likeable unknown Joel Courtney and rising star Elle Fanning lead a teen gang in smalltown Ohio who inadvertently capture something mysterious while shooting an amateur horror movie on a Super 8mm camera. Kyle Chandler is the stoic deputy sheriff and dad who tries to maintain control when the military move in and young voices go unheeded. With an overall sense of *The Goonies* and *ET*, this good-natured, not-too-scary thriller is whipped along by Michael Giacchino's John Williams-like score. Look out for Dan Castellaneta (the voice of Homer Simpson). (US 2011, violence, swearing, drug abuse, HD)

DAYTIME

The Happiest Days of Your Life ★★★★
7.55-9.15am ***BBC2*** U

COMEDY You can smell the school dinners in this wonderful yarn, adapted by John Dighton and Frank Launder from Dighton's play and directed by Launder. The bones of contention that arise when Margaret Rutherford's academy for young ladies merges with Alastair Sim's boys' school are sharply observed, but the comic highlight is the precision with which the pupils scurry around the school to avoid visiting VIPs. The heads are superb and Richard Wattis, Guy Middleton and Joyce Grenfell are top class. **DP** (UK 1950, BW, HD)

Cromwell ★★★★
2.20-5.00pm ***Spike*** PG

DRAMA This portrayal of the English Civil War could have been a portentous affair, but Richard Harris's aggressive warts-and-all Oliver Cromwell and Alec Guinness's unyielding Charles I make this historic double act very watchable. They bring past politics to vivid life and put paid to the idea that right and grace were on the side of royalist Cavaliers as opposed to the Puritan Roundheads. It is a long-winded but compelling epic with some mightily well-staged battles to add to the powerhouse lead performances. **TH** (UK 1970)

The Golden Compass ★★★
4.00-6.10pm ***E4*** PG

FANTASY The first part of Philip Pullman's *His Dark Materials* trilogy leaps from page to screen, introducing us to 12-year-old heroine Lyra (Dakota Blue Richards) who lives in a magical, neo-Victorian Oxford somewhere in a parallel universe. It's a realm dominated by the Magisterium (led by Derek Jacobi) and filled with daemons, flying witches and evil child kidnappers. The plot feels muddled and struggles with an intricate, philosophical bent. But director Chris Weitz (*About a Boy*) rallies with a battle in the Arctic, an imposing CGI polar bear (voiced by Ian McKellen) and an icy turn by Nicole Kidman as the Magisterium's evil Mrs Coulter. **JR** (US/UK 2007, violence, HD)

EVENING

Men in Black ★★★★
7.00-9.00pm ***C4*** PG

COMEDY This smash-hit science-fiction caper, based on a short-lived 1980s comic strip, has secret agent Tommy Lee Jones and new recruit Will Smith as part of a top-secret agency responsible for regulating all extraterrestrial activity on Earth. They become involved in the search for a missing galaxy to appease an interstellar force and avert the Earth's destruction. Great special effects, inventive alien designs and Smith and Jones's hip, hilarious double act make director Barry Sonnenfeld's buddy picture a fast-paced pleasure. **AJ** (US 1997, edited for content, HD)

Skyfall ★★★★★
8.00-10.45pm ***ITV*** 12

SPY Director Sam Mendes brings all the classic Bond elements together to make this 23rd instalment one of the very best. Daniel Craig begins his third 007 outing having been left for dead and the future of M (Judi Dench) is called into question by a parliamentary committee. A breathless sequence through Istanbul's Grand Bazaar opens the impressive action, but the biggest stunt Mendes pulls off is creating a convincing human drama – centred on the complex relationship between M and Bond. Mendes is helped by a witty script and a fine cast that includes Ralph Fiennes, Naomie Harris and Javier Bardem as the campy villain. **JH** (US/UK 2012, violence, swearing, HD)

LATE NIGHT

Step Brothers ★★★
11.00pm-1.05am ***5STAR*** 15

COMEDY Even at their most obnoxious, Will Ferrell and John C Reilly are oddly adorable together. That chemistry was key to the success of *Talladega Nights* and in this equally zany comedy they bounce off each other as a couple of 40-something losers who still live at home. All the gags rest on how these burly men act like spoilt children when their parents (Mary Steenburgen and Richard Jenkins) get hitched. They draw battle lines in the room they're forced to share, staring each other down at bedtime. But things do get a little weird and creepy as the film's one joke is overstretched. And yes, it's totally juvenile, but that is, after all, the point. **SP** (US 2008, swearing, sexual references)

Trance ★★★
11.15pm-1.10am ***C4*** 15

THRILLER In this densely plotted tale James McAvoy is an art auctioneer involved in a plan to steal a Goya painting. A blow to the head during the raid means he forgets where he's stashed it, so crime boss Vincent Cassel gets hypnotherapist Rosario Dawson to help him recall – but further mysteries emerge from his subconscious. Director Danny Boyle pulls off a vintage *film noir* with a hi-tech edge, even if the many plot twists are confusing. **TeS** (US/UK/Aus 2013, violence, swearing, sex scenes, nudity, HD)

About Elly ★★★★
12.15-2.10am ***BBC2***

DRAMA Iranian writer/director Asghar Farhadi delivers an arresting mix of high-tension domestic nightmare and incisive moral debate with the story of an upscale Tehran couple who invite their daughter's teacher, Elly (Taraneh Alidoosti), to join them and their friends on a weekend by the sea. But turmoil ensues with assumptions made about Elly's marital availability. This is, after all, an Islamic state with a strict moral code. But what's fascinating here is that Farhadi never questions Islamic law itself – he puts the spotlight on the errors of judgement that individuals make when dealing with such sensitive issues. **TJ** (Iran/Fr 2009, violence, swearing, HD)

PICK OF THE REST...

The Silver Darlings ★★
6.30-7.55am ***BBC2*** PG
Poetic drama about fishermen. (1947, BW)

City of Ember ★★
12.05-2.00pm ***C4*** PG
Two kids struggle to escape a decaying subterranean city. (2008, HD)

The Scorpion King ★★★
4.40-6.15pm ***ITV*** 12
The Rock in warrior mode. (2002, HD)

P The Good Dinosaur ★★★★
6.15-8.00pm ***Sky Premiere*** PG
Pixar does the prehistoric era, with gags. See review, p54 (2015, HD)

The Rock ★★★★
9.00-11.40pm ***Sky1*** 15
Sean Connery and Nicolas Cage fight terror in San Francisco. (1996, HD)

Clockwise ★★★
9.10-11.00pm ***Gold*** PG
John Cleese is a time-obsessed headmaster racing to a conference. (1986)

Carry On Girls ★★
11.00pm-12.45am ***ITV*** PG
Ooh-err missus, etcetera. (1973)

Dracula ★★★★★
2.10-3.30am ***BBC2*** 15
Christopher Lee sinks his teeth in. (1958, HD)

DISCOVER FILM
The best of Sky, iPlayer, Netflix and beyond... see p54

U - suitable for all; Uc - suitable for all, especially for children; PG Parental Guidance - for general viewing, but some scenes may be unsuitable for young or sensitive children; 12A cinema only - younger children must be accompanied by an adult; 12, 15, 18 - for viewers of these ages and over.

ANDREW COLLINS

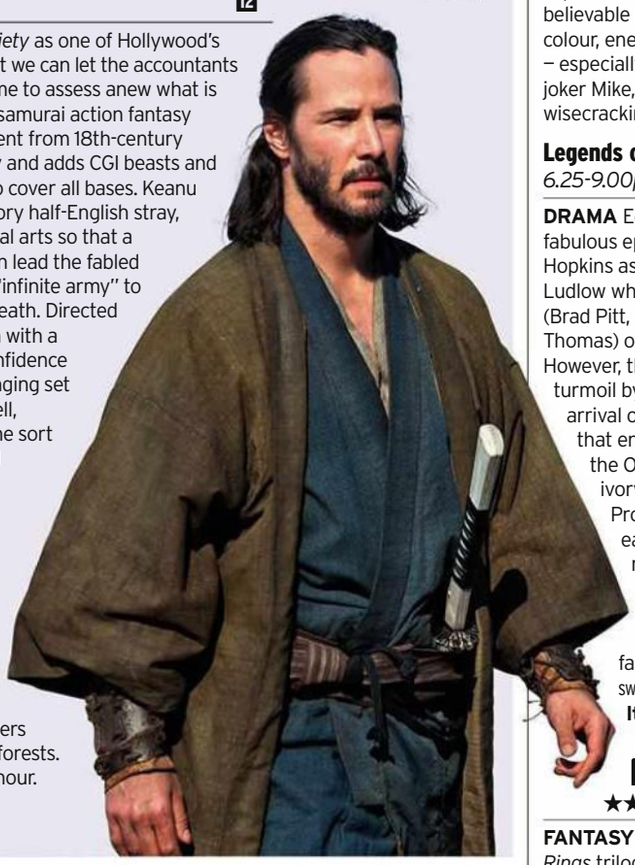
FILM OF THE DAY

DID YOU KNOW? Press reports suggested that production costs and reshoots had forced the movie's budget up from an original $175 million to $225 million

P 47 Ronin ★★★

9.00-11.20pm ***C4*** 12

ACTION Named by *Variety* as one of Hollywood's biggest flops of 2013, but we can let the accountants worry about that. It's time to assess anew what is certainly an overblown samurai action fantasy that takes a genuine event from 18th-century Japanese feudal history and adds CGI beasts and shapeshifting sorcery to cover all bases. Keanu Reeves plays the statutory half-English stray, brutally trained in martial arts so that a box-office white face can lead the fabled 47 warriors against an "infinite army" to avenge their master's death. Directed by debutant Carl Rinsch with a surprising degree of confidence around vast, sword-swinging set pieces on location in, well, Budapest, *47 Ronin* is the sort of internationally aimed product where you can always guess the next line of pithy dialogue ("I'm not afraid of you," "You should be.") But Reeves sort of suits that, and there is spectacle to enjoy as our heroes climb castle ramparts like cockroaches and monsters barrel through verdant forests. Not entirely without honour. (US 2012, violence, HD)



DAYTIME

Basil the Great Mouse Detective ★★★

12.30-2.00pm ***C4*** U

ADVENTURE A good idea, but rather crudely done for Disney animation, this follows the story of a young mouse devotee of Sherlock Holmes who helps to investigate the disappearance of a mouse toymaker and a plot against the Mouse Queen. It's notable for Vincent Price's wonderfully arch and sinister voiceover as master scoundrel Professor Ratigan – as rat-like a monster as ever drew sibilant breath. He and the peg-legged bat Fidget prove that villains have all the best lines. **TH** (US 1986, HD)

The Queen ★★★★★

3.30-5.30pm ***ITV*** 12

DRAMA New Labour modernism is pitted against Royal Family protocol in this poignantly amusing mix of fact and fiction set in the aftermath of Princess Diana's fatal car crash in 1997. How the Prime Minister Tony Blair (Michael Sheen) convinced Queen Elizabeth II (Helen Mirren) to acknowledge public grief and avoid a constitutional crisis makes for a fascinating memoir, superbly scripted by Peter Morgan. It is destined to become the apocryphal truth – despite mainly being fabrication – with director Stephen Frears's clever manipulation of news footage. Sheen's Blair is spot on, Sylvia Syms is a joy as the Queen Mother and James Cromwell is hilariously pompous as Prince Philip. But it's Mirren's Oscar-winning turn as the head of state that resonates most. **AJ** (UK/Fr/It 2006, may be edited for language, HD)

P The Tale of the Princess Kaguya ★★★

3.50-6.40pm ***Film4*** U

FANTASY Inspired by a folk tale about a magical princess found in a bamboo shoot, this Japanese film controversially made the shortlist for best animated film at the 2015 Oscars when *The Lego Movie* didn't. It is a delicate, handcrafted work that showcases the exemplary draughtsmanship of its director Isao Takahata, a co-founder of Studio Ghibli (*Spirited Away*). It is also overlong and the narrative may be somewhat alienating for Western viewers. Be prepared for a melancholy dénouement that's not suitable for young children, but which grown-ups and older kids may find heartbreaking. **LF** (Jpn 2013, HD)

EVENING

Monsters, Inc ★★★★★

6.15-8.00pm ***C4*** U

ADVENTURE Pixar delivers another frantic, funny and very furry animation where creatures lurk inside children's bedroom closets. They include fluffball Sulley (voiced by John Goodman) and malevolent chameleon Randall (Steve Buscemi). Packed with the artistry and storytelling panache we've come to expect from Pixar, the film creates a believable monsters' universe full of colour, energy and amusing beings – especially the two horned, one-eyed joker Mike, voiced by Billy Crystal at his wisecracking best. **JC** (US 2001, HD)

Legends of the Fall ★★★★

6.25-9.00pm ***Movie Mix*** 15

DRAMA Edward Zwick directs this fabulous epic saga with Anthony Hopkins as stern patriarch William Ludlow who brings up his three sons (Brad Pitt, Aidan Quinn and Henry Thomas) on a remote ranch in Montana. However, their idyllic life is thrown into turmoil by outside events and by the arrival of Julia Ormond. With a sweep that encompasses the passing of the Old West, the First World War, ivory hunting in Africa and Prohibition, this could have easily turned into a sprawling mess, but Zwick handles the subplots with deceptive ease and fashions a poetic hymn to the values of loyalty and family ties. **JF** (US 1994, violence, swearing, sex scenes, nudity)

It's who you know, page 64

The Hobbit: an Unexpected Journey

★★★ *6.45-10.00pm* ***ITV2*** 12

FANTASY Following the hit *Lord of the Rings* trilogy, director Peter Jackson travels further back through the history of Middle-earth to tell the rambling tale of Bilbo Baggins. Martin Freeman plays the titular hobbit with curmudgeonly charm, as he reluctantly leaves home to join a band of dwarves led by Thorin (Richard Armitage) who is on a quest to reclaim his birthright. Ian McKellen makes an amusing double act with Freeman as the wizard Gandalf, who nudges him into action. Still, it takes a while before the story gets going and the pace also suffers thanks to a diversion into Thorin's backstory. Jackson's decision to split the book across three films means he struggles to impose an orderly structure, but he does deliver extraordinary set pieces such as a battle between stone giants. **SP** (US/NZ 2012, may be edited for violence, HD)

A Private Function ★★★★

9.10-11.00pm ***Gold*** 15

COMEDY With its gentle, witty portrait of postwar Britain and its sly digs at bourgeois aspirations, this film has the stamp of Ealing about it. Scripted by Alan Bennett, it is an often hilarious mix of well-observed social satire and earthy humour, much of the latter being inspired by the bodily functions of a pig being fattened for a feast to celebrate the 1947 royal wedding. Michael Palin does a nice line in mortified meekness, but he is upstaged by Maggie Smith, as his scheming wife, and Liz Smith, whose antics and ramblings provide some of the highlights. **DP** (UK 1984, some swearing)

LATE NIGHT

Youth in Revolt ★★★

11.15pm-12.40am ***BBC2*** 15

COMEDY Michael Cera stars as timid, Sinatra-loving teen Nick Twisp, who's desperate to lose his virginity. But when he falls for Sheeni (Portia Doubleday), the free-spirited girl of his dreams, he realises he'll need a rebellious streak to win her heart. Enter Francois Dillinger (Cera again), his moustachioed, chain-smoking, bad-boy alter ego who leads Nick on a trail of destruction that wrecks relationships, cars and a sizeable chunk of his home town. Gustin Nash's script takes several well-aimed pot shots at typical teen-movie conventions, but has the tendency to occasionally wallow in their crude humour. Cera plays Nick with bewildered charm and there are hilarious cameos from Fred Willard and Justin Long, too. **TeS** (US 2009, swearing, sex scenes, drug abuse, HD)

PICK OF THE REST...

The Third Man ★★★★★

1.00-2.40pm ***BBC2*** PG

One of the best British films of all time. See Gold Medal Movies, p34. (1949, BW, HD)

Mr Bean's Holiday ★★★

2.50-4.40pm ***ITV2*** PG

Rowan Atkinson's French farce. (2007, HD)

Carry On Up the Jungle ★★★

4.00-5.55pm ***ITV3*** PG

Cheeky antics in Africa. (1970)

Step Up ★★

4.30-6.35pm ***E4*** PG

Love blooms on the dance floor. (2006, HD)

Mary Poppins ★★★★★

8.00-10.25pm ***Sky Disney*** U

Julie Andrews serves a spoonful of sugar. See review, page 64. (1964, HD)

Primal Fear ★★★★

10.50pm-1.30am ***Sony Channel*** 18

Tense courtroom drama with Richard Gere and Edward Norton. (1996)

CSNY/Déjà Vu ★★★★

11.00pm-12.50am ***Sky Arts*** 15

Documentary that goes on tour with Crosby, Stills, Nash & Young. (2008, HD)

Sharknado 4: the 4th Awakens

★★ *11.10pm-1.10am* ***Syfy***

Sharks go wild in Las Vegas. (2016)

Ghost ★★★★

11.20pm-1.40am ***C4*** 15

Swayze goes supernatural. One of the week's gold medal movies, see p34. (1990, HD)

Maria Full of Grace ★★★

12.40-2.35am ***Sky Atlantic*** 15

Catalina Sandino Moreno in a powerful turn as a drugs mule. (2003, HD)

DISCOVER FILM
The best of Sky, iPlayer, Netflix and beyond... see p64

Monday 8

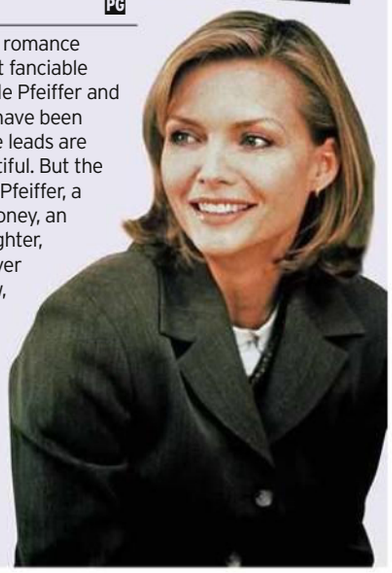
BARRY NORMAN

FILM OF THE DAY

One Fine Day ★★★
5.00-7.15pm ***Movie Mix*** PG

ROMANTIC COMEDY A romance featuring two of the most fanciable people on screen, Michelle Pfeiffer and George Clooney, should have been better than this. True, the leads are excellent as well as beautiful. But the formulaic screenplay lets them down. Pfeiffer, a divorced architect with a son, and Clooney, an equally divorced journalist with a daughter, meet for the first time when they deliver their kids late for a school outing. Now, they must take turns in looking after each other's children, while Pfeiffer seeks to close a big architectural deal and Clooney hunts down a sensational scoop. Much confusion and panic ensue before we reach a happy ending, but mainly it's the two stars who keep us going that far. (US 1996)

DID YOU KNOW? Clooney's character didn't even exist in the first draft of the script: "We were incredibly sexist," admitted producer Lynda Obst



River of No Return ★★★
11.00am-12.55pm ***More4*** PG

WESTERN Here's a chance to see Robert Mitchum mumble away to Marilyn Monroe and show us what a great job two stars can do with a creaking script and poor dialogue. In his only western, Otto Preminger directs with enough sense to let the actors shine within the confines of a far-fetched adventure tale about a farmer who's thrown together with a saloon singer when her no-good gambler boyfriend leaves her stranded. It's good entertainment as long as you suspend your critical faculties and let the sight of starry charisma suffice. **SH** (US 1954, HD)

Face/Off ★★★★
9.00pm-12 midnight ***5STAR*** 18

THRILLER In director John Woo's over-the-top blockbuster, Nicolas Cage plays Castor Troy, a lunatic terrorist who, having planted a bomb somewhere in LA, is put into a coma by his FBI agent nemesis, Sean Archer (John Travolta). So, of course, Archer uses ultra-modern plastic surgery to swap faces with Troy to dupe the villain's associates into revealing the bomb's location. The mix of bizarre plotting, high-octane thrills and sentimental drama doesn't always gel, but Woo more than delivers in the overblown action stakes. It's also patently evident that both stars are having a ball sending up each other's mannerisms. **AT** (US 1997, violence, swearing, drug abuse)

Star Trek VI: the Undiscovered Country ★★★★
9.00-11.10pm ***Syfy*** PG

SCI-FI The *Star Trek* movie series goes supernova with this outstanding effort directed by Nicholas Meyer, who also gave the first sequel, *The Wrath of Khan*, massive hit-and-myth credibility. Mirroring the Soviet Union's dissolution, Meyer crafts a near perfect blend of humanist messages, affectionate lampooning and epic visuals as the classic *Enterprise* crew encounters treachery during peace talks with the Klingons. Clever Shakespearean touches also heighten the drama. **AJ** (US 1991, violence, edited for language)

Donnie Brasco ★★★★
11.25pm-2.00am
Sony Movie Channel *(Sky 323)* 18

CRIME In this 1970s-set crime drama, Al Pacino stars as a sleazeball who inducts Johnny Depp's undercover FBI agent into the "family" values of organised crime. Directed by Mike Newell – a change of pace from *Four Weddings and a Funeral* – it's pitched midway between the epic *Godfather* and the flash *GoodFellas*, and develops nicely as Depp finds himself becoming rather fond of his monstrous mentor. **AT** (US 1997, violence, swearing, a sex scene, nudity)

P The Kingdom of Dreams and Madness ★★★ *1.20-3.45am* ***Film4*** PG

DOCUMENTARY Mami Sunada's profile of Hayao Miyazaki and Isao Takahata is less a eulogy for the septuagenarian master animators than a behind-the-scenes peek at the making of *The Wind Rises* and *The Tale of Princess Kaguya*. Takahata proves somewhat elusive, but the avuncular Miyazaki chats genially about his inspirations, methods, and colleagues at the fabled Studio Ghibli. **DP** (Jpn 2013, HD)

What's in a name, page 74

PICK OF THE REST...

Fantastic Voyage ★★★★
2.00-4.00pm ***Spike*** U

A miniaturised medical team are injected into a sick scientist's body. (1966)

Gone in Sixty Seconds ★★
9.00-11.00pm ***Sky1*** 15

A former car thief is forced to steal 50 cars to save his brother's life. (2000, HD)

Blue Caprice ★★★
9.00-11.00pm ***True Entertainment*** 15

Drama about the two snipers responsible for the 2002 Beltway attacks. (2013)

Scanners ★★★★
10.50pm-12.55am ***Horror Channel*** 18

Sci-fi horror in which rival groups of telepaths battle for survival. (1980)

DISCOVER FILM
The best of Sky, iPlayer, Netflix and beyond... see p74

Tuesday 9

FILM OF THE DAY

P Chef ★★★★
9.00-11.15pm ***Film4*** 15

COMEDY Whatever you do, don't watch *Chef* on an empty stomach – it's a feel-good foodie film that will have you salivating within minutes. Director and star Jon Favreau (*Swingers*, *Iron Man*) puts a lot of moxie into his role as a stellar chef who quits working for an upmarket restaurateur (Dustin Hoffman) so he can rediscover his culinary mojo. Scarlett Johansson and Oliver Platt add to the uplifting fun, while Favreau cooks up a film that's both sweet and spicy. **Karen Krizanovich** (US/UK/Rus 2014, swearing, sexual references, HD)

Recipe for success, page 84

Mars Attacks! ★★★★
10.05-12.15am ***ITV4*** 12

COMEDY Little green men from the angry red planet launch a flying-saucer attack on Earth in director Tim Burton's space oddity, based on a bubble-gum card storyline from the 1960s. It's both a tribute to and a spoof of B-movies, and it's suitably full of pulp sci-fi references. Though slow-starting, it comes alive as soon as the computer-generated bug-eyed Martians arrive and strut their evil stuff. **AJ** (US 1996, language, violence, HD)

PICK OF THE REST...

Men in War ★★★
2.00-4.05pm ***Spike*** PG

GIs behind enemy lines in Korea. (1957, BW)

Scooby-Doo and the Loch Ness Monster ★★
5.00-6.30pm ***Boomerang*** *(Sky 603, Virgin 730)* U

Animated adventure set in Scotland. (2004)

Just Go with It ★★
9.00-11.00pm ***Comedy Central*** 12

Contrived romantic comedy. (2011, HD)

Hard Rain ★★★
9.00-11.00pm ***Universal*** 15

Waterlogged action with Christian Slater and Morgan Freeman. (1997, HD)

MORE FILM CHOICES, SEE P84

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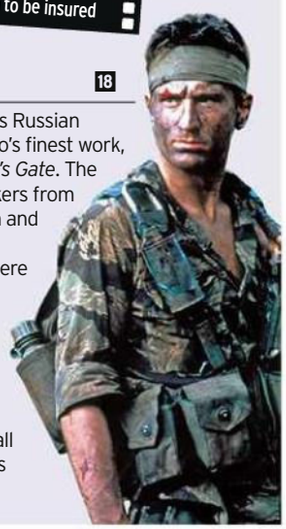
DID YOU KNOW? John Cazale was dying of cancer during filming. The studio wanted to find another actor, but De Niro paid for him to be insured

BARRY NORMAN

FILM OF THE DAY

The Deer Hunter ★★★★★

11.00pm-2.40am ***ITV4*** 18



WAR This Vietnam War movie featuring the famous Russian roulette scenes was the late director Michael Cimino's finest work, made before everything went belly up with *Heaven's Gate*. The protagonists are three Russian-American steelworkers from Pennsylvania – Robert De Niro, Christopher Walken and John Savage. It begins cheerfully with Savage's wedding and then moves abruptly into Vietnam where our heroes, now conscripted into the army, are captured and viciously tortured – cue the Russian roulette. At three hours the film is overlong and by no means flawless but is still a tense, moving story of survival, male bonding and the appalling, dehumanising effects of war on young men. The movie, Cimino and Walken (best supporting actor) all won Oscars. Excellent support from Meryl Streep as Walken's girlfriend. (US/UK 1978, violence, swearing, HD)

The Big Sky ★★★★

1.05-3.25pm ***Movies4Men*** U

WESTERN In this eventful epic, directed by maestro Howard Hawks, Kirk Douglas plays the tough mountain man who joins an expedition in the pioneering days of the 1830s. Good though he is, Douglas looks too urbane for this particular role, while co-stars Elizabeth Threatt, Dewey Martin and Arthur Hunnicutt (no real substitute for Hawks regular Walter Brennan) are, sadly, not up to the splendour of Dudley Nichols's fine screenplay. **TS** (US 1952, BW)

Ssshhhh! Genius at work, page 94

Hour of the Gun ★★★★

2.00-4.00pm ***Spike*** PG

WESTERN This superb follow-up to his own *Gunfight at the OK Corral* from director John Sturges starts where the previous movie climaxed and charts the moral decline of lawman Wyatt Earp from upright marshal to relentless avenger. He's portrayed brilliantly by James Garner, in a far cry from his customary jolly screen image. Doc Holliday is also perfectly played by Jason Robards. This movie prefigures the darker westerns that were to come, notably those of director Sam Peckinpah. Neglected on release, it can now be appreciated as a near masterwork. **TS** (US 1967, some violence)

Epic ★★★

4.40-6.50pm ***Film4*** U

ADVENTURE In this fun animated tale, Amanda Seyfried plays teenager MK, who gets caught in a woodland war between the forces of life and decay. When forest queen Tara (Beyoncé) succumbs, MK teams up with a warrior (Colin Farrell) and assorted oddballs to prevent a "pod" from falling into the evil clutches of Mandrake (Christoph Waltz). After a slow and sombre start, *Epic* finds a well-paced groove of alternating dark and comic scenes that are generally family friendly fare. **DA** (US 2013, HD)

Don't Be Afraid of the Dark ★★★

12.35-2.15am ***C4*** 15

HORROR This remake of an acclaimed 1973 US TV movie is co-written by Guillermo del Toro, and ably directed by Troy Nixey. Young Sally Hurst (Bailee Madison) goes to live with her father (Guy Pearce) and his girlfriend (Katie Holmes). Stumbling upon a hidden basement, Sally unleashes an ancient dormant force that puts everyone's life in grave danger. From its atmospheric opening to its commandingly staged creature attacks, this unnerving flight of dark fantasy bears del Toro's touch of class. **AJ** (US/Aus 2010, violence, HD)

PICK OF THE REST...

Alvin and the Chipmunks: Chipwrecked ★★

9.15-11.00am ***5STAR*** U

The critter pals are left stranded. (2011)

P The Reckoning ★★

3.15-5.00pm ***C5***

A former Amish woman is confronted by someone from her past. (2015, HD)

Hope and Glory ★★★★★

6.50-9.00pm

Sony Movie Channel *(Sky 323)* 15

Moving account of life during the Blitz. (1987)

Dead of Night ★★★★★ *1.00-3.05am*

Talking Pictures TV *(Freeview HD 81, Freesat 306, Sky 343)* PG

Compelling portmanteau horror. (1945, BW)

DISCOVER FILM
The best of Sky, iPlayer, Netflix and beyond... see p94

Thursday 11

FILM OF THE DAY

Hot Fuzz ★★★★
9.00-11.25pm ***ITV2*** 15

COMEDY Here, Simon Pegg and director Edgar Wright gleefully send up American action movies. Pegg stars as an eager London cop transferred to a crime-free village and what begins as a very funny, very British murder mystery soon mutates into an ironic action spectacular that blows up half of Gloucestershire. Armed with a surfeit of gags, *Hot Fuzz* also showcases the comic partnership of Pegg and co-star Nick Frost. More smart than silly, this is self-confident comedy that's proud to be British. **Jamie Russell** (UK/US/Fr 2007, violence,

The Man on the Eiffel Tower ★★
9.15-11.10pm ***Talking Pictures TV*** PG
(Freeview HD 81, Freesat 306, Sky 343)

THRILLER Charles Laughton stars as Inspector Maigret in a botched version of Georges Simenon's *La Tête d'un Homme*. Burgess Meredith plays a knife-grinder and directed most of the picture, filmed in Paris with difficulty using the untried Ansco Color process. Laughton directed some scenes, including one where Meredith turns burglar and comes upon two women stabbed in a bedroom. The film has some striking touches but never builds any real suspense. **AE** (US 1949)

Unleashed ★★★
11.55pm-2.00am ***ITV4*** 18

THRILLER Now, here's a weird one: martial arts star Jet Li plays a sort of human Rottweiler, who has been raised and kept caged like an animal, and is only unleashed when gangster Bob Hoskins needs him to fight. Li discovers his humanity courtesy of blind piano tuner Morgan Freeman. But like most Li films, the best bits are the action ones: they're fast, brutal and with a realistic feel. Still, it will appeal mainly to his hardcore fans. **DA** (Fr/US/UK 2005, may be edited for language, violence, HD)

PICK OF THE REST...

Pudsey the Dog: the Movie ★★
9.10-11.00am ***5STAR*** U
Britain's Got Talent's dancing dog. (2014)

The Love Bug ★★★★
11.00am-1.15pm ***Film4*** U
The car's the star. (1969, HD)

Grown Ups 2 ★
9.00-11.00pm ***5STAR*** 12
Adam Sandler's midlife crisis. (2013)

The Vow ★★ *10.00pm-12.10am* ***MTV***
(Sky 126, Virgin 134) 12
Schmaltzy romance with Channing Tatum and Rachel McAdams. (2012)

MORE FILM CHOICES, SEE P104

Friday 12

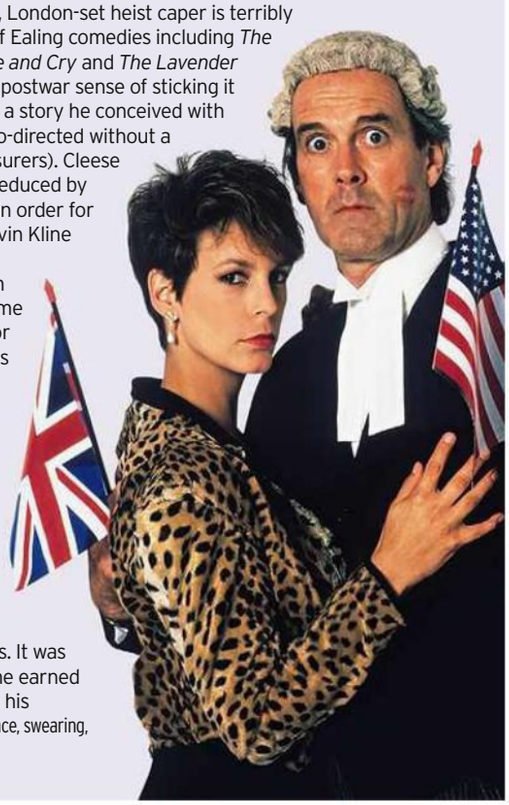
DID YOU KNOW? Leach's daughter Portia is played by John Cleese's real-life daughter Cynthia Cleese (credited as Cynthia Caylor)

ANDREW COLLINS

FILM OF THE DAY

A Fish Called Wanda ★★★★★
10.40pm-12.45am ***ITV*** 15

COMEDY That the veteran Charles Crichton takes sole director's credit for this Transatlantically funded, London-set heist caper is terribly poignant. The stalwart of Ealing comedies including *The Titfield Thunderbolt*, *Hue and Cry* and *The Lavender Hill Mob* brings a similar postwar sense of sticking it to the powers-that-be to a story he conceived with star John Cleese (who co-directed without a credit to appease the insurers). Cleese plays a stuffy barrister seduced by Jamie Lee Curtis's moll in order for her arrogant brother Kevin Kline and stammering British accomplice Michael Palin to get their hands on some diamonds. Cleese falls for Curtis, which complicates a somersaulting plot riven with blackly comic cruelty and death (including – I'm sad to say – three Yorkshire terriers, and some goldfish). At one stage chips are placed up nostrils. It stands up well to the passage of time, possibly due to Cleese's Ealing ambitions. It was Crichton's last film, but he earned an Oscar nomination for his patience. (UK/US 1988, violence, swearing, a sex scene, nudity, HD)



X-Men ★★★
8.00-10.10pm ***Syfy*** 12

FANTASY Directed and co-written by Bryan Singer, this was the darkest superhero movie since *Batman*. Set in the not-too-distant future, it follows the power struggle between two factions of a new breed of humans with assorted powers – the good led by disabled professor Charles Xavier (Patrick Stewart) and the bad led by Magneto (Ian McKellen). The Marvel Comics characters – like Wolverine (Hugh Jackman), Storm (Halle Berry) and Dr Jean Grey (Famke Janssen) – are well realised, and Singer mixes the classic values of good storytelling with digital magic. **AC** (US 2000, edited for violence, language)

The Five-Year Engagement
★★★★ *9.00-11.25pm* ***E4*** 15

ROMANTIC COMEDY Jason Segel is co-writer and star in this entertaining yarn that reteams him with *Forgetting Sarah Marshall* and *Get Him to the Greek* producer Judd Apatow and writer/director Nicholas Stoller. Crude humour abounds, but it is married with affectionate characterisation and tidy insights into modern relationships. The film-makers also benefit from having Emily Blunt playing one half of a couple procrastinating over their wedding. She has a refreshing lack of neuroses, an easy rapport with Segel and does a priceless Cookie Monster impression. **SP** (US 2012, swearing, sex scenes, sexual references, HD)

Parker ★★★
9.00-11.25pm ***5STAR*** 15

CRIME Jennifer Lopez joins Jason Statham for this entertainingly silly revenge thriller. Statham plays the eponymous crook who's double-crossed and dumped by his gang mates. Despite being beaten, shot, thrown from a moving car, then shot again, he's up and after them within hours. He follows the trail to Florida, where he co-opts the help of Lopez, who predictably falls for our hero, despite the fact that he's now wearing a Stetson (implausibly posing as a rich Texan). The film has some bone-crunchingly good action and one decent one-liner. Daftly watchable. **DA** (US 2013, violence, edited for language)

The Bucket List ★★★
10.40pm-12.40am ***W*** 12

COMEDY In this mild tale about facing the inevitable, two cancer patients escape hospital to cross every entry off their "bucket list" (things they want to do before they kick the bucket). That the two men are Jack Nicholson and Morgan Freeman is a good reason to see this sentimental tale. It's charming, if predictable, and certainly doesn't dawdle – they're in bed, then they're racing cars, then they're in Tibet, then... Well, let's retain what surprises there are. **KK** (US 2008, swearing, sexual references, HD)

Gran Torino ★★★
11.00pm-1.20am ***Spike*** 15

DRAMA Clint Eastwood directs and stars in this powerful drama about a war veteran who finds his old Detroit neighbourhood overrun by immigrants and rival gangs. Fiercely protecting his home and beloved car, the Gran Torino of the title, Walt Kowalski (Eastwood) befriends the neighbouring refugees from South East Asia, coming to their aid when the teenage son (Bee Vang) is targeted by hoodlums. Eastwood is on top form as the curmudgeon, in a role that harks back to the Man with No Name, "Dirty" Harry Callahan and, especially, *Unforgiven's* William Munny. **TeS** (US/Ger/Aus 2008, violence, swearing)

P Flying Blind ★★★
11.10pm-12.40am ***BBC2*** 15

THRILLER A female engineer working on an MoD aeronautics contract begins an affair with an Arab student that will have ramifications for them both in this topical, small-scale British drama. Helen McCrory's striking central performance shows us both sides of Frankie in an increasingly fraught relationship with the elusive Kahil (Najib Oudghiri). There is cool precision in the look of the film on what is, presumably, a low budget and, overall, it's an intriguing and resourceful take on how the war on terror permeates the most intimate spaces. **TJ** (UK 2012, swearing, sex scenes, HD)

REVIEWERS THIS WEEK Dave Aldridge, Joanna Berry, Jason Caro, Andrew Collins, Allen Eyles, Leslie Felperin, John Ferguson, Sue Heal, Jamie Healy, Tom Hutchinson, Trevor Johnston, Karen Krizanovich, Alan Jones, Stella Papamichael, David Parkinson, Jamie Russell, Tony Sloman, Terry Staunton, Adrian Turner

PICK OF THE REST...

The Jane Austen Book Club ★★★
12 noon-2.05pm ***Sony Channel*** 12
Old-fashioned love in the present reflects themes from Austen's past. (2007)

P Against The Wild ★
3.15-5.00pm ***C5***
Family friendly survival drama. (2013, HD)

P Pan ★★★★
8.00-10.00pm ***Sky Premiere*** PG
Another twist on the tale of the boy who never grew up. See review, p114. (2015, HD)

The Matrix Reloaded ★★★
9.00-11.45pm ***ITV2*** 15
Keanu Reeves tools up. (2002, HD)

Cop Land ★★★★ *9.00-11.05pm*
Sony Movie Channel *(Sky 323)* 18
Sylvester Stallone stands toe-to-toe with Robert De Niro in a fine drama. (1997)

Scott Pilgrim vs the World ★★★
12.35-2.30am ***C4*** 12
Teen angst with comic-book flair. (2010, HD)

DISCOVER FILM
The best of Sky, iPlayer, Netflix and beyond... see p114

Films worth paying for...

It snow joke

P Eddie the Eagle ★★★★★ PG

From Mon ***Sky Store/Sky Box Office/Virgin*** *(also DVD, Blu-ray and download)*

SPORTS DRAMA They don't come any more feel-good than this true story underdog fable outlining the heroic failure of Eddie "the Eagle" Edwards, who became an accidental ski-jumping record holder at the 1988 Winter Olympics.

A terrific triumph over adversity tale told with deft assurance, director Dexter Fletcher's rousing heart-warmer has you rooting for the lovable loser from the start. It's an almost unbelievable journey to world fame, much to the bafflement of snooty fellow team members and the exasperated British sporting establishment.

Hugh Jackman is ace as Eddie's alcoholic trainer but it's Taron Egerton in the title role that gives this disarming biopic appeal. Capturing Eddie's signature pout, wide-eyed personality, sweet naivety and positive attitude, Egerton is totally beguiling in a moving, inspirational tour-de-force. **Alan Jones** (UK/US/Ger 2016, HD)

PICK OF THE REST

P Batman: The Killing Joke ★★★ 15

From Mon ***Sky Store/Virgin Movies***

ACTION Writer Alan Moore and artist Brian Bolland distilled the clash between Batman and the archest of his villains, the Joker, to gob-smacking effect in a best-selling graphic novel. This animated adaptation is well worth the wait in a story that mingles the Clown Prince of Crime's genesis with his latest malevolent scheme, for which one member of the Bat family pays a brutal price. **JA** (US 2016, violence, swearing, HD)

...OR A NIGHT AT THE CINEMA

Suicide Squad 15
A shady government agency recruits imprisoned villains to take on a dangerous mission in return for freedom. Margot Robbie and Jared Leto star.

The Carer ★★★★ 15
A grouchy former actor (Brian Cox) who is suffering from a degenerative disease forms an unlikely bond with his new carer, a young Hungarian immigrant.

Sweet Bean PG
The fortunes of a street food vendor change when he hires an eccentric old woman with a secret recipe.

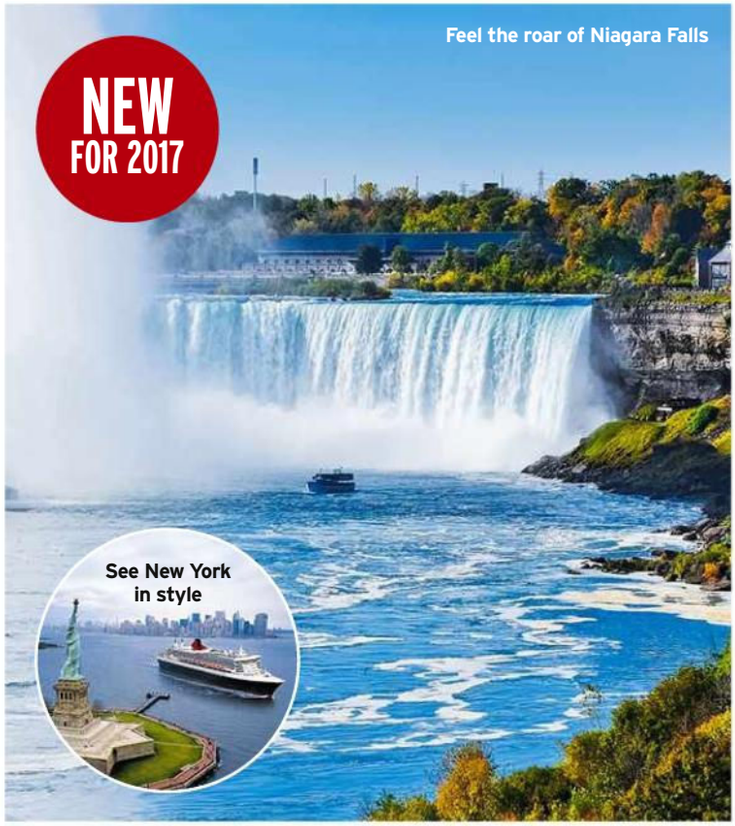
Up for Love 12A
A lost phone and a chance meeting lead to romance. Jean Dujardin stars.

For more reviews: radiotimes.com/film

DVD OF THE WEEK

Sing Street ★★★★ 12 *8 August on DVD, Blu-ray and download*

This is quite simply one of the nicest films you'll see in ages. It's written and directed by John Carney, who made the impressive *Once*. Like that Oscar winner, *Sing Street* is about emotions and music. The setting is Dublin in 1985 and the leads are a lovestruck 15-year-old boy and the slightly older girl he woos with his pop band and the opportunity to appear in a music video. Carney draws terrific performances from his young cast, and adds welcome shades of darkness to the fantasy-tinged fluffiness via hints of sexual abuse, domestic unrest and ambitions to quit "dull" Dublin for the perceived bright lights of London. The songs, all written for the film, are pretty good, too. The DVD includes music videos and a making-of featurette. **Dave Aldridge**



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The Capitol Building, Washington DC

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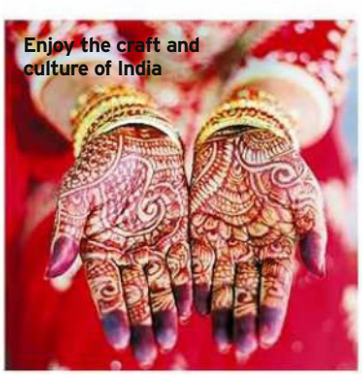

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ITINERARY Singapore, Kuala Lumpur, Penang, Colombo, Dubai

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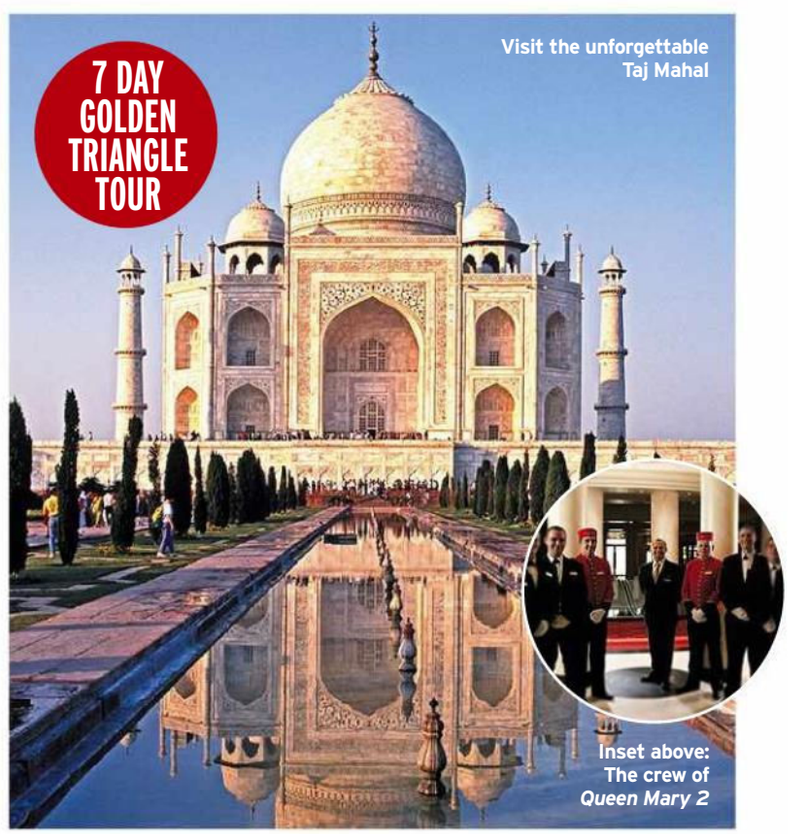
PRICES per person Inside cabin from **£1,999**; outside cabin from **£2,499**; balcony cabin from **£2,499**; Grill suite from **£4,499**



Visit the unforgettable Taj Mahal

Inset above: The crew of *Queen Mary 2*

To book please call **0800 840 5833** or visit **radiotimes.com/imagine**

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Emirates CUNARD IMAGINE CRUISING

In Conversation
HEAR ANDREW DAVIES AT 80 – SEE P152

Otter nonsense

Don't treat me like a child, says **Alison Graham**

WHEREVER I GO, I am flummoxed by fatuousness, mugged by smugness and whacked by whimsy. In Friday's otherwise rather lovely *Highlands: Scotland's Wild Heart* (BBC2) narrator Ewan McGregor refers to an otter as a "hard-working single mother." I will say that again. An OTTER. Not a human being. But an OTTER. I half-expected him to outline her struggle living on a sink estate surviving on meagre state handouts. Now there's a C5 documentary series for you – 'Otters on Benefits'.

Then the other day on *BBC Breakfast* the delightful Carol Kirkwood was diverted from her weather forecast by a famous internet cat. She kept snuggling and cooing over "Grumpy Cat". I like Carol but come on, this was at a time when most viewers would be getting ready for work, or tearing out of the house on their way to the bus stop. We want to know whether we should take a coat. Keep the cat nuzzling, if you must do it at all, for *The One Show*.

'Otters are otters and I am not an otter'

IT'S WORTH BEARING in mind, too, that the cat thing featured shortly after the most disposable "item" about "staycations", where a reporter went to a campsite and cooked bacon on a little stove. Oh *World in Action*, where are you when we need you?

But television, in becoming so wet and soppy and weedy and pathetic, is only mirroring the wider world. Coy infantilising is everywhere. Sitting on a rackety local train on a trip to Yorkshire the other day, I spotted the notice: "Hello! My name is carriage number 15. I always try to look my best." Do you indeed. So do you want to go out on a date or something?

Then on a major national rail network that I won't name for fear of embarrassing it (Virgin East Coast) the mirror in the fetid toilet bore the corporate message: "Give us a smile!" I will smile, but only when your loos smell like paradise and your towels are made from angel's wings. And when your trains aren't late. Similarly, luggage trolleys have twee little signs such as "Hey Muscles!" Oh do please stop.

This is all asinine, infantilising trickery of course, designed to woo us into thinking we are being cared for, cossetted and adored. By extension, television is becoming a similar cauldron of cuteness, where no one can be upset and where we must identify with otters.

I love otters – who doesn't? – but they do ottery things in ottery places. They are otters and I am not an otter. Truly, I really don't need to empathise or have any point of contact. I respect their ottery-ness and wish them well in their otter-lives. Referring to an otter as if it's a character in a Ken Loach film just won't work.

OF COURSE I know it's a cruel world, with new horrors unfolding daily. Our current onslaught of global wickedness is exhaustingly sad and the news is harrowing, night after night. But please can we not get all huggy and wiffly in response. Retreating into some kind of weird netherworld of snuggles isn't the answer.

So come on Britain, let's toughen up! No more crying and hugging on telly! No more anthropomorphising of animals in documentaries who are simply doing what they do because that's what they've always done (thanks Nature!) Let's get our backbone back and rise up against corporate cuddles!

GETTY

BLACK AND WHITE TV

There's nothing particularly special about the American bio-terrorist paranoia series *Containment* (Wednesday E4). It's a solid re-make of the Belgian series *Cordon*, shown on BBC4 last year. But the casting is worth noting, because it's full of black actors in major roles and not just as criminals. They aren't big names, *Containment* isn't remotely starry, but it's a strong ensemble cast. The spread of black actors is huge and pivotal – the hero (Brit David Gyasi, above) is a black police officer who resists being pushed around by a government public health boss. Ethnicity is never an issue and maybe one day this won't be worth noting at all. Until then, good for you, *Containment*, maybe you could teach Hollywood a thing or two?

Discover TV

EDITED BY **JACK SEALE**

BOX SET HEAVEN

1 Cold Feet

itv.com

Limber up for ITV's sequel later this year by going back to the start with our lovelorn friends in the north: every episode is on the ITV website, and from 4 August it's all on Sky Box Sets too. In the 12 years since it last aired, nothing's really matched *Cold Feet's* warm take on middle-class 30somethings who can't quite get life right.

SUPERIOR SUPERHEROES

2 Marvel: Agents of SHIELD

Sky Box Set/NowTV

Marvel has done a stellar job of controlling a rapidly expanding universe of characters across movies and TV. This series was one of the first signs that the small-screen adventures were to be as exciting as the films: the way it plays off them is fascinating for fans, yet it stands alone perfectly well.

SCIENCE'S BIG BATTLES

3 American Genius

Netflix

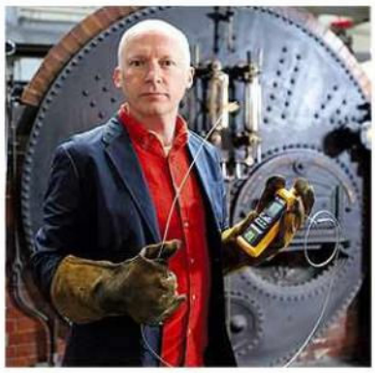
Who was better: Jobs or Gates? The Wright Brothers or Glenn Curtiss? Tesla or Edison? Shamelessly cheesy reconstructions mingle with hard facts in a series that plays on famous rivalries to show that invention is as much about obsession as it is inspiration.

COMEDY GEM

4 Puppy Love

BBC Store

There was no DVD release or second season for Vicky Pepperdine and Joanna Scanlan's chaotic but ultimately very tender 2014 comedy about dog owners. It deserved better, but you can buy it digitally now.



ANOTHER CHANCE

5 Precision: the Measure of All Things

Netflix

How did we come up with the metre, the second, the kilogram and the volt? And who agreed on exactly how much stuff they would represent? Marcus du Sautoy is in fine storytelling mode as he explains how scientists' desire to describe things exactly added to the sum of their knowledge. What seems on the surface to be the dry domain of nerdy pedants proves to be anything but.

SEE THE SERIES

6 The Secret Agent

iPlayer (BBC1)

Set in 1886 but bristling with modern parallels about terrorism, Tony Marchant's dramatisation of the Joseph Conrad novel starts as a vehicle for Toby Jones and ends as one for Vicky McClure. They're both superb. He's Verloc, a Soho sex shop owner who spies for the Russians and is asked to commit an atrocity. As we lose sympathy for him we gain it for his wife, who's caught in the middle when Verloc brings home the consequences of his actions.

FOUR YEARS AGO...

7 One Night in 2012

iPlayer (BBC1)

Great Britain: inclusive, imaginative, colourful, hopeful, united. At least, it felt that way during Danny Boyle's majestic opening ceremony for the London 2012 Olympic Games, an event that poor old Rio has virtually no chance of topping. An insider perspective reveals how this epic project succeeded against considerable odds, and only adds to the achievement of Boyle and his team of experts and volunteers.

TOP POPUMENTARY

8 How to Make a Number One Record

iPlayer (BBC4)

It's a very exclusive club, and yet its members are so different: whether or not musicians still prize the number one single in 2016, for decades it was the pinnacle of achievement for singers and songwriters. A roster of talking heads ranging from Noddy Holder to Joe McElderry and Carol Decker tell fantastic anecdotes about how they did it, how it felt and what came next. *Available until 7 August*

QUALITY US DRAMA

9 Person of Interest

Netflix

Netflix now has four seasons of one of those US dramas that, from the vanilla title down, isn't quite equipped for the premier league – but which rewards viewers who give it a try. Created by Brit writer Jonathan Nolan (brother of *Dark Knight* director Christopher), it's about a computer surveillance system that – imperfectly – predicts who will be involved in crimes before they happen. Intelligent crime drama with a deep Orwellian twist.

ORDINARY HEROES

10 Saving Lives at Sea

iPlayer (BBC1)

Cameraderie, comedy, poignancy and thrilling danger: this series about RNLI volunteers has much more going for it than your average documentary about the emergency services. Glimpsing the ordinary lives of people who man lifeboats, as well as following their callouts via helmet-mounted cameras, puts their heroics into humbling context. *Ep1 available until 12 August*

YOUR NEXT BINGE

One of Australia's best sitcom exports? Noice!

Australia has exported a number of very funny men to this country: Barry Humphries, Clive James, Rupert Murdoch. But funny Australian women? Thin on the ground.

You might say that's changed with the meteoric rise of Rebel Wilson, the one-woman invasion whose earthy humour has taken Hollywood by storm and is now wowing West End audiences in *Guys & Dolls*. But rebel Rebel didn't get here first. Back in 2005, BBC2 aired one of the most popular programmes in Australia, the sitcom **Kath & Kim**.

Across four series and two TV movies (the first of which, to emphasise how well regarded the show was back home, features Barry Humphries), the comedy follows a mother and daughter from the bland, fictional Melbourne suburb of Fountain Lakes. Mum Kath is engaged to metrosexual butcher Kel Knight, while Kim's rocky relationship with her husband Brett means she often stays at Kath's house – which means there's a rocky relationship between the two women.

The banal aspirations, grievances and romantic entanglements that writer/stars Jane Turner and Gina Riley burden their characters with make this a broad satire on lower-middle-class life. Yet while the skewering of suburban mores and Kath and Kim's whiny accents (all elongated and mangled vowels) are hilarious, there is – like the best creations of Victoria Wood – a warm humanity in the depiction of K&K's superficial, kitsch lives.

There's also fun in spotting the numerous members of Australian acting royalty who make cameos: Eric Bana, Geoffrey Rush, Rachel Griffiths, Kylie Minogue and, er, Shane Warne.

So set aside a bit of "woiiine toiiime" for yourself and settle down with something "nooice, different, unuuuuusual"...

DAVID CRAWFORD

DVD, iTunes, Amazon Instant

DOCTOR DIGITAL

Make your tech travel light

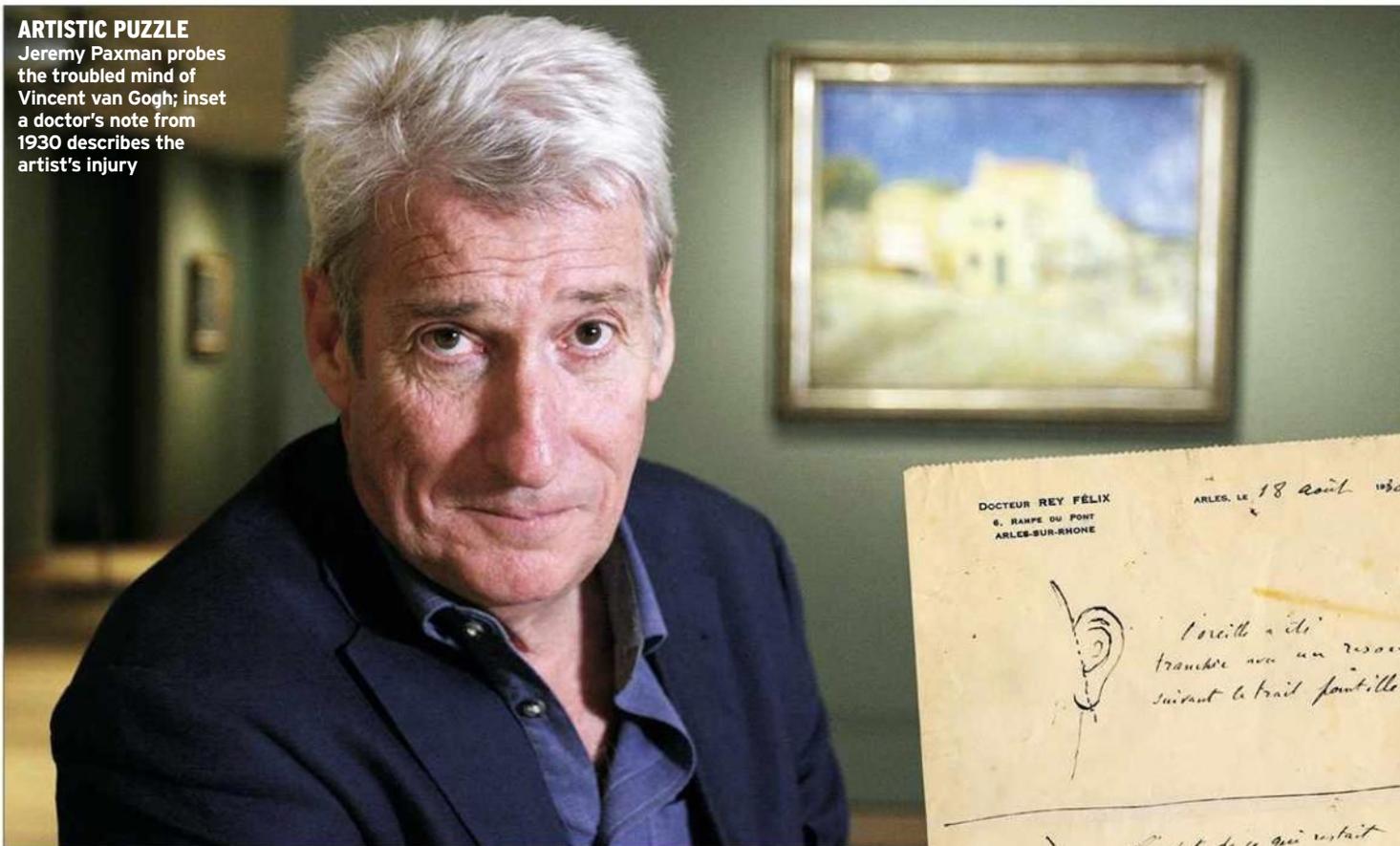
If you're busy packing for your summer holiday and trying to figure out how to make your getaway *and* take 15 different gadgets, here are some travel tech tips.

Do you need a Kindle, tablet and camera? Just bring your smartphone, the digital equivalent of a Swiss army knife. I also pack a portable speaker – the Harmon/Kardon Esquire Mini (£120) – to play music in the hotel room (BBC World gets hypnotic after a while). Its USB port means it doubles as a battery pack for my phone when I'm not near a power socket.

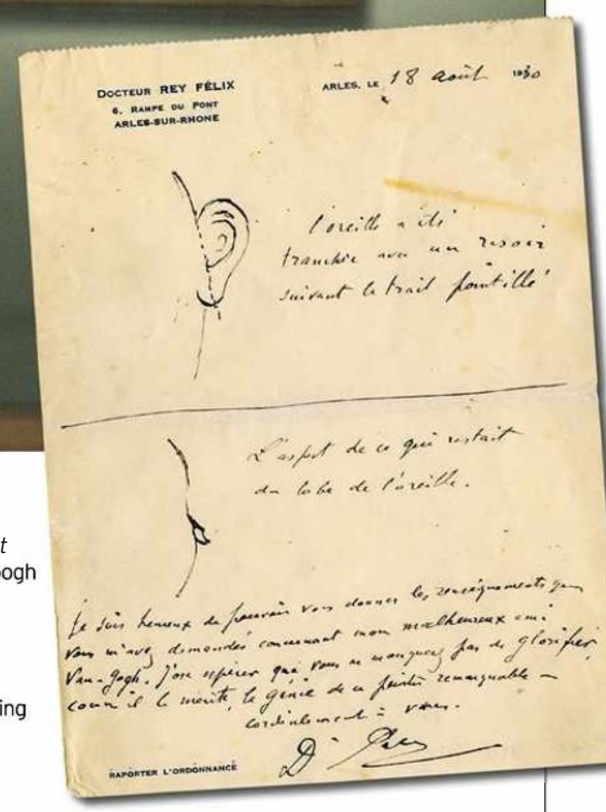
When you're on mains power, you needn't have a plug and travel adapter for each device. A laptop's USB port can power phones/tablets – slowly in some cases, so try before you go. Or consider a travel adapter with USB ports built in. Some rooms have USB points wired into the wall.

If you are taking the normal mobile plug-plus-charging-cable, remember devices can usually take turns using the same one. Save more room with the folding Mu (£15, themu.co.uk). It's sexier than any plug should be.

Can't get anywhere without your phone's satnav? Data charges abroad can be crippling. Find your destination on Google Maps before you go, then tap the settings icon to download the info for use offline later. You'll never have to fold a map again. **JONATHAN HOLMES**



ARTISTIC PUZZLE Jeremy Paxman probes the troubled mind of Vincent van Gogh; inset a doctor's note from 1930 describes the artist's injury


DOCTEUR REY FÉLIX
6, RAMPE DU PONT
ARLES-SUR-RHONE

ARLES, LE 18 août 1930

l'oreille a été tranchée avec un rasoir suivant le trait pointillé

L'aspect de ce qui restait du lobe de l'oreille.

Je suis heureux de pouvoir vous donner les renseignements que vous m'avez demandés concernant mon malheureux ami Van-Gogh. J'ose espérer que vous ne manquerez pas de glorifier comme il le mérite, le génie de ce peintre remarquable — Cordialement : vous.

Dr Rey

RAPORTER L'ORDONNANCE

PICK OF THE DAY The Mystery of Van Gogh's Ear *9.00pm* ***BBC2***

ART Everyone knows that Vincent van Gogh lopped off part of his ear and presented it in a bloodied parcel to a prostitute, a grotesquely extravagant gesture by a tormented soul on the very edge of reason. Or maybe not. Former art history student Bernadette Murphy, who lives in Provence, has spent the last seven years trying to pin down what really happened that night in 1888 in the French town of Arles. What could Van Gogh have been thinking?

The story of the ear, fostered by Kirk Douglas's hammy portrayal in the overblown movie, *Lust for Life*, has its doubters, some claiming Van Gogh never performed such a savage amputation.

But Murphy, with considerable application, sifted through files, documents and books to discover the true identity of the unfortunate recipient: a woman called Rachel. In a fascinating documentary, Jeremy Paxman takes Murphy through her discoveries and we accompany her to America – and a revelation.

ALISON GRAHAM TV EDITOR

Great Canal Journeys

From 4.45pm ***More4***

DOCUMENTARY Other presenters try to pootle charmingly up British canals, but none can match Timothy West and Prunella Scales. There's bittersweet beauty in the way Tim cajoles and watches over Pru with a love strengthened by half a century of marriage in this series first shown last autumn. In the first of three excursions tonight, they take a trip up the Thames, before turning left down a waterway that once linked London and Littlehampton. There's an exquisite moment where Tim stops the engine and glides along a renewed stretch of canal in verdant Sussex. Before that, a visit to Pru's childhood home in Surrey brings memories of long ago flooding back. "Life was fun. It still is." **JACK SEALE**

Proms Extra

6.50pm ***BBC2***

MUSIC This week, Katie Derham's Proms digest looks back to a big night two Fridays ago. The Albert Hall played host to both Bernard Haitink, 87, conducting Mahler's mammoth *Third Symphony*, and then a late-night tribute concert to David Bowie. Katie will also cover Berlioz's choral symphony, *Romeo and Juliet*, from last Saturday.

Her sofa guests weren't announced when we went to press, but David Owen Norris will be back with his illuminating item, Chord of the Week. Saxophonist YolanDa Brown, one of the bright lights at last month's Gospel Prom, has been booked to make a short feature on "how to prom". **PATRICK MULKERN**

Outnumbered

8.20pm ***W***

SITCOM By this point, the show's young stars had honed their adult-baiting antics to perfection while the weary, defeated or bemused expressions on the faces of Claire Skinner and Hugh Dennis (Sue and Pete) ring ever more true.

In the second of two episodes tonight, the Brockman family are attending Uncle Bob's funeral. "The important thing to remember is that it's not a sad day," Sue tries to tell Karen, who very reasonably retorts, "'Well, it is for Uncle Bob."

Ben, meanwhile, insists he's been to a cremation before, except Pete points out that it was actually a hog roast. Not surprisingly the vicar (John Sessions) wishes they'd never come. **JANE RACKHAM**

Dad's Army

8.30pm ***BBC2***

SITCOM "Over the years that I've come to know the members of this platoon, I've grown quite fond of them, but I can't help feeling sometimes that I'm in charge of a bunch of idiots." It's not often that Captain Mainwaring is quite so scathing about his platoon, but he's prompted by a classic piece of long-windedness from leering loon Private Frazer.

It's a towering moment in the midst of some lightweight field-exercise shenanigans, but you'll enjoy the effete expression from Wilson tanning his face while his captain blethers on, and another brief but heavenly example of under-the-influence acting from Arthur Lowe. **MARK BRAXTON**

Gavin & Stacey

From 9.00pm ***Dave***

SITCOM First shown on BBC3, this is the sweet story of a long-distance relationship between a Billericay boy (Mathew Horne) and a Barry Island girl (Joanna Page), but it's the starry supporting cast (Alison Steadman, Rob Brydon, Ruth Jones, James Corden) who provide the laughs as the lovers, families and friends: larger-than-life loons who never stray into caricature thanks to Jones and Corden's script.

It's unpretentious, earthy and affectionate, like a bawdier *Royle Family*, and achieves the rare feat of not patronising its 20-something characters. In the first three episodes, Gavin and Stacey meet and fall in love on a wild night out, have a lover's tiff and announce their engagement. It's still a laugh riot. **JS**

Monty Python Weekend

From 11.00pm ***Gold***

COMEDY Argument, the Philosopher's Song, Lumberjack... these routines were wordy, bookish, absurdist and clearly the work of comedy swots. And it was in the live arena that the Circus really flew. Their 1980 gig at the *Hollywood Bowl* (11.40pm) shows how the Pythons were treated as rock gods by American audiences, and proves what phenomenal performers they were (John Cleese's silly walks remain the benchmark of straight-faced silliness). Before this at 11pm, the repeated *Best Bits (Mostly)* invites celebs to choose their favourite skits. Tracey Ullman plumps for the Monty mob in drag rolling about in mud, while Jim Carrey champions the man who laughs himself to death. Gold keeps its foot down tomorrow at 11pm. **MB**

FOLK WHO CAN, DO
KT Tunstall and Christy Moore take to the stage

Cambridge Folk Festival

9.00pm ***Sky Arts***

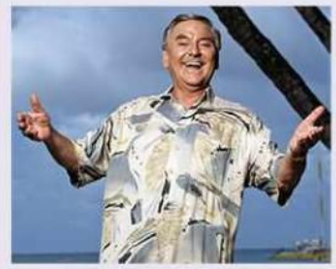
MUSIC Cambridge's annual shindig took place last weekend, so there's been time for Sky Arts to hone a couple of luxurious highlights packages, fronted by Mark Radcliffe and Julie Fowlis – the second instalment is tomorrow at 9pm.

Those who couldn't get tickets to an event that's been a sell-out for 23 consecutive years can enjoy headliners who have played Cambridge before, but not for a while: KT Tunstall returns after three years away, mostly spent reinventing herself in the US, while Christy Moore appears here roughly once per decade.

Irish rockabilly queen Imelda May and thrilling "gypsy punk" band Gogol Bordello up the tempo – for purists there's the gentle clarity of Kate Rusby. **JACK SEALE**

DISCOVER TV

Today's best of BBC3, iPlayer, Netflix and beyond



The Secret Life of Bob Monkhouse *iPlayer*

Of all BBC4's documentaries about light entertainers, this from 2011 is perhaps the best. The crux of it is the revelation that the late Bob Monkhouse hoarded cine film and VHS tapes, mostly of other performers and much of it of work previously thought lost. He was a humbly dedicated, lifelong student of the art of comedy who left us an invaluable legacy.

The Bridges That Built London

iPlayer

Dan Cruickshank homes in on a way to tell the capital's story that's as good as any: he goes back 3,000 years to Vauxhall and the first crossing of the Thames, moving forward to show how each new bridge has been a marker of social and political evolution.

The New Gypsy Kings

iPlayer

In Romania, the Roma community has been overwhelmed by Manele, a brash and boastful new music. Like the worst hip-hop, it prizes vulgar wealth and gangster style – and its biggest fans are real gangsters. A troubling doc, expiring on iPlayer today, analyses the phenomenon. **JS**

HIDDEN GEM

Britain on Film

2.00am ***BBC4***

A glorious window into our recent past drawing on an archive of crisp 35mm colour films shot by the Rank Organisation – heralded by that strapping bloke banging his gong. BBC4 turned these fillers for cinemas into themed compilations, starting with the radical shift of women's role in society.

FILMS OF THE DAY

P Super 8

9.00pm ***C4***

A bunch of schoolkids unwittingly record evidence of an unearthly presence in this compelling sci-fi blockbuster that nostalgically evokes such classics as *Close Encounters of the Third Kind* and *ET the Extra-Terrestrial*. Written and directed by JJ Abrams, it's a love letter to Steven Spielberg. **See page 36**

■ **The Good Dinosaur** *6.15pm* ***Sky Premiere*** Pixar's stunningly simple tale of a young dinosaur's journey of self-discovery.

■ **Skyfall** *8.00pm* ***ITV*** One of the very best Bonds, as Daniel Craig's 007 tries to protect M (Judi Dench) from an old foe.

CHILDREN'S CHOICE

The Let's Go Club

9.30am ***CBeebies***

To mark the Rio Olympics, the clubhouse is celebrating sport all week, and today the Let's Goers take to the water and learn about sailing.

■ **Barbie: a Fairy Secret** *4.00pm* ***Tiny Pop (Freeview 126, Sky 617, Virgin 737)*** Barbie discovers that there are fairies secretly living all around her, as Ken is kidnapped and taken to a magical world. With rival Raquelle and their new fairy friends, she sets off to rescue him.

BEST LIVE SPORT

■ **International Champions Cup Football: Liverpool v Barcelona** *5pm (k/o 5.15pm)* ***Sky Sports 1*** From Wembley Stadium.

■ **Cricket: England v Pakistan, Third Test, day four** *10.30am* ***SS2;*** *7pm (highlights)* ***C5***

■ **Scottish Premiership Football: Rangers v Hamilton Academical** *12 noon (k/o 12.30pm)* ***Sky Sports 1*** Top-flight football returns to Ibrox.

■ **Racing** *2pm* ***Channel 4***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

GETTY; ALAMY

SATURDAY Main Channels

BBC1

6.00am Olympic Breakfast
Louise Minchin and Charlie Stayt present a round-up of the news, while the presenters in Rio preview today's events at the Games. BBC2 is showing a replay of the opening ceremony from 9.15am. (S) (HD)

10.00 Saturday Kitchen Live
Tom Kerridge takes on hosting duties as Paul Ainsworth and Galton Blackiston prepare culinary treats, and Jane Parkinson picks out perfect wines. (S) (HD)

11.30 Home Cooking Made Easy
Lorraine Pascale prepares herbed-baked scotch eggs, mini beef wellingtons and Spanish paella with sherry, chorizo and prawns. Plus trifle. (R) (S) (HD)

12 noon BBC News Weather (S) (HD)

12.10pm–6.00 Olympics 2016

12.10pm Preview
Hazel Irvine and guests look ahead to an exciting first day of action in Rio, including the men's cycling road race, the first finals in the swimming pool and the early heats of the rowing. (S) (HD)
25 things you need to know: page 10

12.30 Rowing, Road Cycling and Rugby Sevens
The opening heats of the rowing get under way at the Lagoa Stadium. Britain's Alan Campbell, who won bronze at London 2012, is first up as he goes in the heats of the men's single sculls.

Chris Froome will be hoping to make it a golden start for Team GB on day one as he competes in the cycling road race. The hilly course is expected to play to his strengths as he looks to claim Olympic gold in the same year as winning the Tour de France for the third time.

Presented by Hazel Irvine with John Inverdale and Jill Douglas. (S) (HD)

Rowing
12.30 Men's single sculls heats
1.30 Women's single sculls heats
2.30 Men's pair heats
3.00 Women's double sculls heats
3.30 Men's double sculls heats
4.00 Men's lightweight four heats
4.30 Men's quadruple sculls heats
4.50 Women's quadruple sculls heats
Commentary from Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.

Road Cycling
1.30 Men's road race

Rugby Sevens
3.00 Women's pool matches, including at
4.00 Great Britain v Brazil, women's Pool C

5.00–6.00 Swimming
The heats begin at the Aquatics Stadium. The 400m individual medley title is there for the taking as 2012 champion Ryan Lochte hasn't qualified. Presented by Hazel Irvine with Helen Skelton. (S) (HD)

Swimming
5.00 Men's 400m individual medley heats
5.28 Women's 100m butterfly heats
5.48 Men's 400m freestyle heats

6.00 BBC News Regional News; Weather (S) (HD)

6.20–10.10 Olympics 2016

6.20 Road Cycling and Gymnastics
The climax of the men's cycling road race, where there are high hopes for the British squad.

Plus there are highlights of the first rotation of the men's artistic gymnastics qualifying rounds.

Presented by Clare Balding with Mark Chapman and Jill Douglas. (S) (HD)

7.45 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events. (S) (HD)

8.15 Rugby Sevens, Beach Volleyball and Tennis
Coverage continues with women's rugby sevens pool matches at the Deodoro Stadium, and the beach volleyball preliminaries from the famous Copacabana Beach. Plus the first-round tennis matches in the men's and women's singles and doubles.

Presented by Clare Balding. (S) (HD)

Beach Volleyball
8.30, 9.30, 10.30 Preliminary matches

Road Cycling *1.30pm* All eyes will be on Britain's Chris Froome in the men's road race. Has he got enough stamina and speed still left after his epic victory in the 2016 Tour de France to bring home the gold medal?

9.00–10.10 Rugby Sevens and Archery
Rugby sevens has been added to the Olympic schedule for Rio 2016. Team GB's women, widely tipped as medal contenders, play their second match of the day as they take on Japan in Pool C.

There's also action from the men's team final in the archery from the Sambodromo. Olympics coverage continues on BBC2. (S) (HD)

10.10 BBC News Weather (S) (HD)

10.30–4.00am Olympics 2016

10.30 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

10.50 Rugby Sevens and Gymnastics
Britain's gymnasts enjoyed a memorable Games in London four years ago, winning four medals. The men's bid to continue that success in Brazil begins with qualifying rounds today. Plus there's further coverage of the women's rugby sevens. (S) (HD)

12 midnight–4.00am Hockey and Swimming
Swimming takes centre stage in the evening session, with Britain's James Guy hoping to turn 2015 World Championship 400m freestyle silver into Rio 2016 gold. Elsewhere, Great Britain's women's hockey team – bronze medallists at London 2012 – take on Australia. Jason Mohammad and Helen Skelton present. (S) (HD)

Hockey
12.30 Great Britain v Australia, women's Group B

Swimming
2.03 Men's 400m individual medley final
2.14 Women's 100m butterfly semi-finals
2.30 Men's 400m freestyle final
2.49 Women's 400m individual medley final
3.08 Men's 100m breaststroke semi-finals
3.24 Women's 4x100m freestyle final
Commentary by Andy Jameson and Adrian Moorhouse, with reports by Sharron Davies.

Followed by **National Lottery Update** (S)

4.00 Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Table Tennis, Fencing, Shooting, Handball and Volleyball
The preliminaries in the men's and women's table tennis singles get under way at the Riocentro.

In fencing, the individual épée competitions for both men and women progress through the rounds, and preliminaries in the women's volleyball and handball take place. Plus there are women's 10m air rifle qualifiers. Presented by Ore Oduba. (S) (HD)

2.30 Tennis, Gymnastics, Road Cycling and Hockey
Britain's gymnasts were among the stars of the London 2012 Olympics – winning four medals in all and vastly exceeding expectations – and the men are in qualification action today.

Matt Baker presents. Craig Heap and Christine Still commentate, with guest Beth Tweddle.

There's also coverage from the first round of the men's and women's singles in the tennis. Andy Murray has been in fine form in 2016 already, and he'll be embarking on his attempt to make it back-to-back Olympic men's singles titles.

Plus coverage from the men's hockey tournament, which was won in 2012 by Germany, and a chance to catch up with the men's cycling road race. (S) (HD)

Hockey
3.00 India v Ireland, men's Group B

4.30 Hockey, Road Cycling and Boxing
Continued coverage of the men's cycling road race, while Great Britain's men are in action in the hockey tournament. Plus coverage of preliminary bouts in the men's boxing. (S) (HD)

Hockey
4.30 Belgium v Great Britain, men's Group A
Commentary comes from Matt Chilton, Simon Mason and Mel Clewlow.

6.00 Swimming
Fresh from their best ever performance at last year's World Championships, there are high hopes for Britain's swimmers. All eyes will be on reigning world champion Adam Peaty in the heats of the 100m breaststroke, an event in which the Briton holds the world record.
Introduced by Dan Walker with Helen Skelton. (S) (HD)

Swimming
6.00 Men's 400m freestyle heats
6.14 Women's 400m individual medley heats
6.40 Men's 100m breaststroke heats
7.03 Women's 4x100m freestyle heats

7.30 Judo, Archery and Fencing
Coverage of the men's quarter-finals, semi-finals and finals in the team archery, and action from the men's -60kg and women's -48kg judo competitions, with semi-finals, repechages and bronze-medal bouts. (S) (HD)

9.30 Football, Rugby Sevens and Fencing
The first-round match between USA and France in Group G of the women's football takes place at the Mineirao in Belo Horizonte, followed by Group F action. Plus coverage of the final of the women's fencing individual épée. With Dan Walker. (S) (HD)

Fencing
9.45 Women's épée final

Football
10.00 Germany v Australia, women's Group F

12 midnight–2.00am Weightlifting
The first day of action concludes at the Riocentro with the women's 48kg weightlifting final. (S) (HD)

2.00 Britain on Film: A Woman's Place Revealing how *Look at Life*, a series of short, topical films made between 1959 and 1969, reflected shifts in the position of women in British society. **See page 47.** (R) (S)
2.30 Danny Baker Rocks the Nineties (a Bit) *3/3.* With the help of a couple of morris dancers, the presenter showcases performances by rocking Brits. (R) (S) (HD)
3.00–4.00am New York Rock at the BBC A celebration of the cream of the city's rock scene with archive performances by the Ramones, New York Dolls, Blondie and Lou Reed. (R) (S)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.00am The Women's Football Show A look at the biggest issues in the women's game. (R) (S) (HD)

6.30 The Silver Darlings ★★ Period drama starring Helen Shingler. Directors Clarence Elder and Clifford Evans (1947, PG) (BW) (S)

7.55 The Happiest Days of Your Life ★★★★ Comedy starring Alastair Sim, Margaret Rutherford and Joyce Grenfell. **Review page 36.** Director Frank Launder (1950, U) (BW) (S) (HD)

9.15 Olympics 2016 Highlights Another chance to see last night's opening ceremony of the Games from the Maracana Stadium in Rio. (Revised rpt) (S) (HD)

12 noon The Hairy Bikers' Northern Exposure Si and Dave taste food in Russia. (R) (S) (AD) (HD)

1.00pm Bargain Hunt Two teams search for bargains at an antiques fair in Newark. (R) (S) (AD) (HD)

1.45 Homes under the Hammer Properties at auction in Devon, Kent and Stoke. (R) (S) (HD)

2.45 Escape to the Country A family searches for a home in the Peak District. (R) (S) (AD) (HD)

3.30 Flog It! From Ceredigion. (R) (S) (HD)

4.20 Full Steam Ahead *2/6.* The trio visit Beamish in Durham. Signed rpt Mon 2am (R) (S) (AD) (HD)

5.20pm Highlands: Scotland's Wild Heart

1/4. The course of the seasons, beginning with spring. Narrated by Ewan McGregor.
Shown yesterday (S) (HD)

6.20 Gardeners' World

On the 20th anniversary of the death of Geoff Hamilton, Adam Frost pays tribute.
Shown yesterday Repeated tomorrow 5.45am (S) (HD)

6.50 Proms Extra

RT This week's musical round-up features Mahler's Third Symphony, and a look at the David Bowie Prom. Shakespeare's anniversary is celebrated with Berlioz's choral symphony, *Romeo and Juliet*. **See page 46.**
Producer Dawn Payne (S) (HD)

7.30 Full Steam Ahead

3/6. Historians Ruth Goodman, Alex Langlands and Peter Ginn investigate how the expansion of the railways transformed the British diet.
Director Chris Mitchell; Executive Producer Nick Catliff
Shown last Thursday (S) (AD) (HD)

8.30 Dad's Army

RT **Gorilla Warfare.** An exercise in which the platoon have to escort Mainwaring to a secret rendezvous point sees them out-foxed by an escaped gorilla. **See page 46.**
Writers David Croft and Jimmy Perry; Producer David Croft (R) (S)

DOCUMENTARY OF THE WEEK

9.00 The Mystery of Van Gogh's Ear

RT What really happened on the December night in 1888 when Vincent van Gogh took a blade to his own ear? Jeremy Paxman joins art sleuth Bernadette Murphy on a quest for the truth, which takes them to France, Amsterdam and California. **See p46.**
Director/Producer Jack MacInnes Rptd Fri 12.40am (S) (AD) (HD)

10.00 The National Lottery Live Sonali Shah presents as the numbers are revealed. (S) (HD)

10.10 Olympics 2016

Clare Balding presents more live action from Rio. (S) (HD)

10.30 QI XL

With Ross Noble, Kathy Lette and Sue Perkins.
Director Ian Lorimer
Producers John Lloyd and Piers Fletcher (R) (S) (HD)

11.15 Versailles

9/10. The traitor strikes in the palace prison.
Shown last Wednesday (S) (AD) (HD)
Followed by **Inside Versailles** *9/10.* (R) (S) (AD) (HD)

12.15am About Elly ★★★★ Drama starring Golshifteh Farahani and Taraneh Alidoosti. Farsi +subtitles. **Review page 36.**
Director Asghar Farhadi (2009, 12A) (S) (W) (HD)

2.10–3.30am Dracula ★★★★★ Classic horror starring Peter Cushing and Christopher Lee.
Director Terence Fisher (1958, 15) (S) (W) (AD) (HD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am CITV See page 53

8.25 ITV News (S)

8.30 Weekend With guests David Emanuel and Jeff Stelling, plus music by the Veronicas. (S) (HD)

9.25 Murder, She Wrote A ballerina tempts fate by appearing in a production said to be cursed.

10.20 Cabot Cove residents think a woman playing a witch in a play is the real thing. (R) (S) (AD) (HD)

11.20 Columbo An orchestra conductor murders his mistress for threatening to reveal their affair, but reckons without Lt Columbo. Guest-starring John Cassavetes. (R) (S) (AD) (HD)

1.20pm ITV News Weather; Regional Weather (S)

1.35 Wild Animal Reunions *2/3.* Featuring a surrogate mother to more than 300 monkeys.
Shown last Wednesday Final edition Wednesday 8pm (S) (HD)

2.35 Doc Martin *Series 2.* Martin is taken aback when his parents, Christopher and Margaret, visit him for the first time in seven years. (R) (S) (AD)

3.40 All Star Family Fortunes With Katie Price, Charlie Lawson and their families. (R) (S) (HD)

4.40pm The Scorpion King ★★★

Action adventure fantasy starring The Rock and Michael Clarke Duncan. In ancient times, powerful warrior Memnon presides over the desert with the aid of sorceress Cassandra. In an attempt to bring down this mighty duo, the assassin Mathayus is hired to kill Cassandra and thereafter become king of the last free tribes.

Mathayus, the Scorpion King	**The Rock**	Arpid	**Grant Heslov**
Balthazar	**Michael Clarke Duncan**	Prince Takmet	**Peter Facinelli**
Memnon	**Steven Brand**	Thorak	**Ralf Moeller**
Cassandra	**Kelly Hu**	Queen Isis	**Sherri Howard**
Philos	**Bernard Hill**	King Pheron	**Roger Rees**

Director Chuck Russell (2002, 12) (S) (AD) (W) (HD)

6.15 Regional News Weather (S)

6.30 ITV News Weather (S)

6.45 You've Been Framed!

A comical selection of mishaps filmed by viewers, featuring a toddler destroying Stonehenge, a dubstep-loving seagull, and babysitting tips from a cross-dressing dad. Harry Hill narrates.
Series producer Chris Thornton; Exec producer Sumi Connock (R) (S)

7.15 Catchphrase

6/8. Host Stephen Mulhern challenges this week's contestants, Mandy, Matthew and Nimisha, to guess the familiar phrases hidden in animated clues, before one of them gets a chance to win £50,000.
Director Geraldine Dowd; Series producer Kerri Reid (S) (HD)

8.00 Skyfall ★★★★★

When an operation to retrieve a computer hard drive containing the names of agents goes wrong, the authority of MI6 boss M comes under scrutiny. Her only ally seems to be James Bond, who is assigned to track down the cunning mastermind behind the theft. It's a mission that will reveal long-hidden secrets from the past of both M and Bond. **Review page 36.**

James Bond	**Daniel Craig**	Q	**Ben Whishaw**
M	**Judi Dench**	Kincade	**Albert Finney**
Silva	**Javier Bardem**	Bill Tanner	**Rory Kinnear**
Gareth Mallory	**Ralph Fiennes**	Patrice	**Ola Rapace**
Eve	**Naomie Harris**	Clair Dowar	**Helen McCrory**
Severine	**Bérénice Marlohe**		

Director Sam Mendes (2012, 12) (S) (AD) (W) (HD)

10.45 ITV News

Weather; Regional Weather (S)

11.00 Carry On Girls ★★

Comedy starring Sidney James, Joan Sims, Kenneth Connor and Barbara Windsor. Sidney Fiddler bullies the town council of seaside resort Fircombe into staging a beauty contest as a publicity stunt. But the idea meets with fervent opposition from his girlfriend Connie and the local Women's Liberation group.
Director Gerald Thomas (1973, PG) (S) (W)

12.45am Jackpot247 Interactive gaming.

3.00 Murder, She Wrote Private eye Harry McGraw (Jerry Orbach) is accused of murder. (R) (S) (SL) (AD) (HD)

3.50–6.00am Nightscreen Text information. (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am Shipping Wars (R) (S) (HD)

6.40 World Sport Including highlights from Rally Finland. Repeated Tue 2.20am (S)

7.10 Triathlon Action from the Cardiff Triathlon. Repeated Tuesday 1.25am (S) (HD)

7.35 Everybody Loves Raymond (R) (S)

9.00 The Morning Line (S) (HD)

10.05 The Big Bang Theory Double bill. (R) (S) (AD) (HD)

11.05 The Simpsons (R) (S) (AD)

12.05pm City of Ember ★★ Fantasy adventure starring Saoirse Ronan, Harry Treadaway and Bill Murray. Two classmates embark on a quest to prevent a cataclysmic power outage in a world where humanity has retreated underground.
Director Gil Kenan (2008, PG) (S) (W) (HD)

2.00 LIVE Racing Coverage of the Shergar Cup from Ascot with starts at **2.20**, **2.55**, **3.30** and **4.05**. Races from Haydock Park are at **2.35** and **3.45**, and from Newmarket at **3.15**. (S) (HD)

4.30 Come Dine with Me From Lytham St Annes and Southport. (S) (HD)

6.30pm Channel 4 News

Sport; Weather (S) (HD)

7.00 Men in Black ★★★★

Sci-fi comedy. A New York police officer is recruited by a top-secret agency that monitors alien activity and finds himself in a race against time to save the Earth from destruction. **Review page 36.**

K	**Tommy Lee Jones**
J	**Will Smith**
Laurel	**Linda Fiorentino**
Edgar	**Vincent D'Onofrio**
Zed	**Rip Torn**

Director Barry Sonnenfeld (1997, PG) (S) (W) (HD)

9.00 Super 8 ★★★★

P Sci-fi adventure. While trying to make a Super 8 movie, a group of friends witness a train derail and explode, but they also film something else in the shadows that is harder to identify. Was this a simple accident, or is there something extraterrestrial going on? **Film of the Day: page 36.**

Jackson Lamb	**Kyle Chandler**
Alice Dainard	**Elle Fanning**
Joe Lamb	**Joel Courtney**
Martin	**Gabriel Basso**
Nelec	**Noah Emmerich**
Louis Dainard	**Ron Eldard**

Director JJ Abrams (2011, 12) (S) (AD) (W) (HD)
Also showing Thursday 9pm 4seven

11.15 Trance ★★★

Thriller. An auctioneer involved in a plot to steal a valuable painting forgets where the work is hidden after a blow to the head. But when a hypnotist is employed by the gang leader to delve into the man's subconscious, things only become more complicated. **Review page 36.**

Simon	**James McAvoy**
Franck	**Vincent Cassel**
Elizabeth	**Rosario Dawson**
Nate	**Danny Sapani**
Dominic	**Matt Cross**

Director Danny Boyle (2013, 15) (S) (W) (HD)

1.10am Ramsay's Kitchen Nightmares USA A restaurant in Atlanta, Georgia. (R) (S)

2.05 Hollyoaks Cast Tue/Thu (S) (SL) (AD) (HD)

4.10 Kirstie's Fill Your House for Free Creating a space for entertaining. (R) (S) (HD)

4.25 Location, Location, Location A single mother hopes to move to Derby. (R) (S) (SL) (HD)

5.20–6.15am Double Your House for Half the Money From Sussex. (R) (S) (SL) (AD) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf plus 29 more Freeview channels

Regional variations

BBC2 WALES

10.30–11.15pm Visions of World War One: Kim Howells tells the story of how Welsh artists portrayed the conflict

LONDON LIVE

F'view 8 **Sky** 117 **Virgin** 159

5.00am London Live News: latest reports
6.00 Charlie Chaplin Originals (R)
7.10 FILM: The Crowded Day: seasonal comedy drama starring John Gregson
8.50 FILM: Fun at St Fanny's: comedy starring Fred Emney
10.30 21 Days
11.30 This Week in London: historic footage of the city (R)
12 noon London Live News: latest reports
2.00pm The Old Curiosity Shop: the Dickens classic, with Sophie Vavasseur and Derek Jacobi (R)
3.55 Twelfth Night: an adaptation of William Shakespeare's comedy, starring Alec Guinness and Joan Plowright
6.00 London Live News
7.00 FILM: Common People: comedy drama starring Sam Kelly
9.00 FILM: B Monkey: romantic thriller starring Asia Argento
11.00 FILM: Hackney's Finest: crime drama
12.50am Black Books (R)
1.25 Da Ali G Show (R)
2.00 Noel Fielding's Luxury Comedy (R)
2.30 PhoneShop (R)
3.00–5.00 Desmond's: four episodes (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

SATURDAY Freeview

Channel 5 [5]

Football: the Championship *9.00pm* Newcastle midfielder Jack Colback

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

5.10am Milkshake! See page 53
8.25 Teenage Mutant Ninja Turtles The turtles encounter a peace-loving Kraang. (S) (HD)
9.00 ***New.*** **The Saturday Show Live** With guest Amelia Lily. (HD)
11.00 ***New series.*** **Funniest Fails, Falls and Flops** Comedy clip show featuring pranks gone wrong. (S) (HD)
11.30 The Nightmare Neighbour Next Door Triple bill of the factual series. (S) (HD)
2.20pm Police Interceptors Triple bill. (S) (HD)
5.15pm Can't Pay? We'll Take It Away! A tenant refuses to move out. (S) (HD)
6.10 Brian and Delroy face a violent altercation in Hampshire.
Series producer Susan Crook; Executive producers Malcolm Brinkworth and Charlie Clay (S) (HD)

7.00 ***New.*** **Test Cricket**
Action from day four of the Third Test in the four-match series between England and Pakistan, from Edgbaston. Presented by Mark Nicholas.
Series producer Naveed Raja
Executive producer Jeff Foulser (S) (HD)

8.00 NCIS
10/24 Series 10. **You Better Watch Out** Returning for Christmas from a six-month posting in the Gulf, Megan Huffner opens her front door to find the dead body of her husband Noel sitting in a chair.

Leroy Jethro Gibbs	**Mark Harmon**
Anthony DiNozzo	**Michael Weatherly**
Abby Sciuto	**Pauley Perrette**
Ziva David	**Cote de Pablo**
Timothy McGee	**Sean Murray**
Dr Donald "Ducky" Mallard	**David McCallum**
Anthony DiNozzo Sr	**Robert Wagner**
Megan Huffner	**Rose Rollins**

Repeated Wednesday 2.15pm (S) (AD) (HD)

8.55 5 News (S) (HD)

9.00 ***New series.*** **Football: the Championship**
Highlights from the opening weekend, including Fulham v Newcastle United. With George Riley and Lynsey Hipgrave.
Director/Producer Claire Michel Repeated 12.55am on Spike and tomorrow 10.30am on C5 (S) (HD)

10.00 ***New series.*** **Football: Goal Rush**
Highlights from League One and Two, including Bolton Wanderers v Sheffield United and Grimsby Town v Morecambe.
Director/Producer Claire Michel Repeated 1.55am on Spike and tomorrow 11.30am on C5 (S) (HD)

10.30 ***New.*** **Celebrity Big Brother**
Highlights from the house.
Repeated 3.10am, and tomorrow 4pm 5 Star (S) (HD)

11.35 Impractical Jokers UK
1/9. A swimwear challenge in Brighton.
Shown last Tuesday (S)

12.05am ***New.*** SuperCasino **3.10** Celebrity Big Brother (S) (HD) **4.00** GPs: behind Closed Doors (S) (AD) (HD) **4.50** Divine Designs (S) (SL) **5.15–5.40am** Nick's Quest (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
Channel 5 +24 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p47 and **Discover TV** p44

ITV2 [6]

Twilight *6.35pm* Vampire Edward Cullen vows to protect Bella Swan

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Emmerdale: omnibus (S) (SL) (HD) **9.05** Coronation Street: omnibus (S) (AD) (HD) **11.30** Ninja Warrior UK (S) (HD)
12.30pm You've Been Framed! Gold (S) **1.05 FILM** Must Love Dogs ★★ Romantic comedy (S) (AD) (W) (HD) **3.00 FILM** Stormbreaker ★★★ Action adventure (S) (AD) (W) (HD)

4.55pm Yogi Bear ★★
Part-animated comedy adventure featuring the voices of Dan Aykroyd and Justin Timberlake. Jellystone Park's famous talking bear Yogi and his sidekick Boo Boo find their home under threat.
Director Eric Brevig (2010, U) (W) (HD)

6.35 Twilight ★★★
Romantic horror fantasy. Bella Swan meets and falls in love with the intense Edward Cullen. Remaining undeterred upon discovering he is really a vampire, she must go on the run when another of his kind becomes determined to kill her.

Bella Swan	**Kristen Stewart**
Edward Cullen	**Robert Pattinson**
Jacob Black	**Taylor Lautner**
Charlie Swan	**Billy Burke**
Dr Carlisle Cullen	**Peter Facinelli**

Director Catherine Hardwicke (2008, 12) (S) (AD) (W) (HD)

9.00 Hot Fuzz ★★★★
Action comedy starring Simon Pegg. London policeman Nicholas Angel is reassigned to a sleepy rural village, but soon finds that the big city doesn't have a monopoly on crime. **Review, page 40.**
Director Edgar Wright (2007, 15) (S) (AD) (W) (HD)

11.25 Family Guy
Series 9. Stewie vows revenge after being snubbed by a mall-based Santa.
11.55 Brian and Stewie encounter an exhausted Father Christmas.
12.25am Peter refuses to admit he has a drinking problem. (S) (AD) (HD)
12.55 American Dad! (S) (AD) (HD) **1.50** The Cleveland Show (S) (AD) (HD) **2.45** The Hot Desk: Ashley Roberts (S) (HD) **2.55** Home Shopping **5.55–6.00am** Nightscreen (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

ITV3 [10]

Doc Martin *7.00pm* Maggie pays her ex-husband an unexpected visit

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Movies Now (HD) **6.10** Judge Judy (S) (HD) **6.30** Where the Heart Is (S) (SL) (AD) **8.35** Agatha Christie's Sparkling Cyanide (S) (AD) **10.35** A Touch of Frost (S) (HD)
12.45pm Agatha Christie's Marple: the sleuth is sent on a mysterious mission (S) (HD) **2.50 FILM** The Pure Hell of St Trinian's ★★ Comedy starring Cecil Parker, Joyce Grenfell and George Cole. When the schoolgirls wind up in court, a mysterious professor springs to their defence (BW) (S) (AD) (W) (HD)

4.55pm Midsomer Murders
Midsomer Rhapsody. The discovery of a priceless music score leads to revelations about its composer's life. As Barnaby and Scott investigate, they find the manuscript may also provide them with the clue they need to solve the case of a man found battered to death in his cottage. (S) (AD)

7.00 Doc Martin
5/8 Series 5. PC Joe Penhale gets an unexpected visitor – his ex-wife Maggie. She appears to have completely forgotten that they split up several years ago. Does she think it's still April 2008? (S) (AD) (HD)

8.00 Lewis
Intelligent Design. Feature-length episode. Elderly don Richard Seager is murdered on the night of his release from prison, having served a sentence for causing death by dangerous driving. Crushed by a classic car, Seager scratched the number 500 into its paintwork before his demise, and the academic's wife suspects a member of his victim's family is responsible for the killing. (S) (AD) (HD)

10.00 A Touch of Frost
Another Life. A man's body discovered in Denton's canal and a missing dance partner lead Jack Frost into a web of intrigue involving blackmail, envy, passion and – of course – murder. (S) (HD)
12.10am Inspector Morse (S) (HD)
2.15–2.30am Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

Drama [20]

Spooks *9.00pm* Danny investigates a possible missile attack in London

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am Lovejoy (S) **11.00** Sharpe (S)
1.00pm New Tricks: triple bill (S) (AD)

4.40pm New Tricks
1/8 Series 6. **The War against Drugs** Lane bites the bullet and enters rehab to tackle his alcoholism – but he's not alone for long. The rest of the team is soon led to the clinic by an offhand remark that opens up a cold case involving the death of a heroin addict nine years earlier. (S) (AD)

6.00 Inspector Alleyn Mysteries
3/3 Series 2. **Scales of Justice.** A First World War veteran is entrusted with the task of publishing his friend's memoirs – but his body turns up on a river bank. One chapter is missing – and it is up to the detectives to find out what it contained. (S)

8.00 ***New.*** **Murdoch Mysteries**
8/13 Series 5. **Stroll on the Wild Side 2/2** Having saved Anna from the Black Hand assassin, Murdoch meets Falcone and makes a deal to ensure her safety. Back at the tavern, an attractive woman offers him information, but when he arrives at the agreed rendezvous, he discovers her lifeless body. (S)

9.00 Spooks
9/10 Series 3. **Frequently Asked Questions** The team apprehends a mercenary involved in the arms trade after he is seen visiting an abandoned Soviet weapons dump. Under questioning, he reveals that plans have been put in motion to launch a devastating missile attack on London. (S) (AD)

10.20 Waking the Dead
11&12/12 Series 5. **Cold Fusion.** The team reopens a murder case Spencer worked on while he was a policeman at the Atomic Energy Commission, in which two anti-nuclear campaigners were killed. With definite DNA evidence at their disposal, Boyd and his staff are confident about securing a conviction. (S) (AD)
12.50am New Tricks: double bill (S) (AD)
3.15–4.00am The Indian Doctor

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.10am Bush Pilots (S) (HD) **8.00** Top Gear (S) (AD) (HD) **9.00** Storage Hunters: double bill (S) (HD) **10.30** Storage Hunters UK (S) (HD) **11.00** Top Gear: double bill (S) (AD)
1.00pm Caribbean Premier League Twenty20 Cricket (HD) **5.00** Top Gear (S) (AD)
7.00pm ***New.*** **Dynamo: Top Ten Greatest Moments** Astonishing moments. (S) (AD) (HD)
8.00 QI XL With the Rev Richard Coles, Sarah Millican and David Mitchell. (S) (HD)
9.00 RT CHOICE Gavin & Stacey *1/6 Series 1.* Flirty Essex boy Gav and Welsh girl Stacey meet for the first time. **See page 47.**
9.40 *2/6.* Stacey finally agrees to return to Billericay with her beau.
10.20 *3/6.* The families unite as the couple celebrate their engagement. (S) (AD) (HD)
11.00 Dave Gorman: Modern Life Is Goodish *5/8 Series 3.* Insults. (S) (HD)
12 midnight Alan Davies: As Yet Untitled (S) (HD) **1.00am** Dynamo: Top Ten Greatest Moments (S) (AD) (HD) **2.00** QI XL (S) (HD) **2.50–4.00** Never Mind the Buzzcocks: double bill (S) (HD) **4.00–5.00am** Top Gear (S) (AD) (HD)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am The Saint **6.50** Motorsport (S) (HD) **7.40** Shed and Buried (S) (HD) **8.40** Pawn Stars (S) (HD) **11.30 FILM** The Land That Time Forgot ★★ Fantasy adventure (S) (W)
1.20pm FILM Nevada Smith ★★★ Western starring Steve McQueen (S) (W) **4.00** ***New.*** British Touring Car Championship Highlights (S) (HD) **5.30** Storage Wars (S) (HD)
6.00pm The Motorbike Show Henry Cole goes green-laning in Oxfordshire. (S) (HD)
7.00 TT Blues Isle of Man residents and police officers prepare for the TT fortnight. (S) (HD)
8.00 FILM Space Cowboys ★★★ Space adventure starring Clint Eastwood, Tommy Lee Jones, Donald Sutherland and James Garner as four ageing ex-pilots who are given the opportunity to go into space. (S) (AD) (W) (HD)
10.40 FILM Ransom ★★★ Action thriller starring Mel Gibson and Rene Russo. When his son is snatched, a self-made millionaire must decide whether to pay the ransom or take matters into his own hands. (S) (AD) (W) (HD)
1.05am Minder (S) (SL) (AD) **2.05–3.00am** Andy Cole: Sports Life Stories (S) (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Rich Kids of Beverly Hills (S) (HD) **10.00** The Real Housewives of Orange County (S) (HD) **11.00** ***New.*** Bethenny Ever After: Bethenny takes life in the public eye in her stride, but Jason struggles with it (S) (HD)
12 noon Don't Be Tardy (S) (HD) **12.25pm** Elliott Wright: Playa in Marbella (S) (HD) **1.25** The Only Way Is Essex: double bill (S) (HD) **3.00** Dinner Date: triple bill (S) (HD)
6.00pm Dinner Date Jason from Essex chooses three blind dates based on food.
7.00 Five potential partners attempt to win a date with Jennifer from Essex.
8.00 David from London looks for love and picks three dates from five potential partners.
9.00 Luke from Southampton selects three dates based on their menu choices. (S) (HD)
10.00 The Real Housewives of Atlanta The ladies come together to discuss the events of season seven. (S) (HD)
11.00 The Millionaire Matchmaker A wealthy restaurateur looks for love. (S) (HD)
12 midnight–12.55am The Jeremy Kyle Show USA: another no-holds-barred discussion (S)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

The Five-Year Engagement *9.00pm* Tom and Violet postpone their wedding

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 HD **Virgin** 145

6.00am Rude(ish) Tube (S) (HD) **6.20** Jane the Virgin (S) (AD) (HD) **7.05** Baby Daddy (S) (HD) **8.00** Melissa & Joey (S) (AD) (HD) **10.30** Made in Chelsea: South of France (S) (AD) (HD) **11.30** Rich Kids of Instagram (S) (AD) (HD)

12.30pm New Girl (S) (AD) (HD) **1.00** The Goldbergs (S) (AD) (HD) **3.00** Brooklyn Nine-Nine (S) (AD) (HD) **4.00 FILM** The Golden Compass ★★★ Fantasy adventure with Nicole Kidman. **Review p36** (S) (AD) (W) (HD)

6.10pm Rude(ish) Tube Shorts
Featuring soldiers stuck in the sand. (S)

6.30 The Big Bang Theory
16/24 Series 8. Sheldon and Penny agree to participate in an unusual experiment. **7.00** *17/24.* Sheldon applies to go to Mars. **7.30** *18/24.* Leonard is upset when a magazine fails to mention him in an article. **8.00** *19/24.* Raj and Amy offer to settle a dispute with a game of table tennis. **8.30** *20/24.* Howard finds out that he has a half-brother. (S) (AD) (HD)

9.00 The Five-Year Engagement
★★★★ Romantic comedy. After a year together Tom proposes to girlfriend Violet. But when Violet gets the offer of a new job, it won't be too much of a problem to postpone the wedding will it, just for a little while? **Review page 40.**

Tom Solomon	**Jason Segel**
Violet Barnes	**Emily Blunt**
Winton Childs	**Rhys Ifans**
Alex Eilhauer	**Chris Pratt**
Suzie Barnes-Eilhauer	**Alison Brie**

Director Nicholas Stoller (2012, 15) (S) (W) (HD)

11.30 Gogglebox
Reactions to *Strictly Come Dancing*, *The Last Dukes* and *Release the Hounds*. (S) (HD) **12.35am** Reactions to *Adele at the BBC*, *The Last Kingdom* and *The Supervet*. (S) (HD)

1.40 First Dates (S) (HD) **2.40** Rude Tube (S) (HD) **3.35** Charmed (S) **4.15** How I Met Your Mother: double bill (S) (AD) (HD) **4.55–6.00am** Revenge (S) (AD) (HD)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 HD **F'view** 110

9.00am Phil: Secret Agent Down Under: a triple bill of the property series (S) (AD) (HD)

12 noon Couples Come Dine with Me (S) (HD) **2.00pm** A Place in the Sun: Summer Sun (S) (HD) **4.00** A Place in the Sun: Home or Away (S) (HD) **5.00** Location, Location, Location (S) (HD)

6.00pm Ramsay's Kitchen Nightmares USA Chef Gordon Ramsay visits family-run Luigi's in Orange County, California. (S) **7.00 The World's Weirdest Weather** Bizarre climatic conditions, including a vast cave system with its own weather. (S) (AD) (HD) **8.00 Flying to the Ends of the Earth** *1/3 Series 2.* Former Marine Arthur Williams explores Siberia by helicopter. (S) (AD) (HD) **9.00 Celebrity First Dates** Siân Lloyd, Daniel Brocklebank, Jess Woodley and Musharaf Asghar take part. (S) (AD) (HD) **10.00 Gogglebox: Brexit Special** Opinions on recent political events. (S) (AD) (HD) **11.05 Naked Attraction** Dating show hosted by Anna Richardson. (S) (AD) (HD) **12.10am** Friday Night Dinner (S) (AD) (HD) **12.45** The Job Interview (S) (AD) (HD) **1.40** The Three Day Nanny (S) (HD) **2.35** Walking the Himalayas (S) (AD) (HD) **3.25** The World's Weirdest Weather (S) (AD) (HD) **4.20–4.50am** Meet What You Eat (S) (AD) (HD)

More4 14

Great Canal Journeys *4.45pm* The couple embark on a series of voyages

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 HD **Virgin** 203

8.55am River Cottage Bites (S) (HD) **9.10** Come Dine with Me: five episodes (S) (HD) **11.55** Location, Location, Location (S) (HD) **1.00pm LIVE** Racing: the **1.15** and **1.45** Shergar Cup races from Ascot. Coverage continues on Channel 4 (S) (HD) **2.00** Four in a Bed: five back-to-back episodes (S) (HD)

4.45pm Great Canal Journeys
RT Timothy West and Prunella Scales follow the route between London and the sea. **5.50** The couple travel from Birmingham to Braunston in Northamptonshire. **6.55** The story of the Irish canal that links the south to the north – the Shannon-Erne Waterway. **See page 46.** (S) (AD) (HD)

8.00 Grand Designs
A castle made entirely of mud. (S) (AD) (HD)

9.00 Eight out of Ten Cats Does Countdown
With Vic Reeves in Dictionary Corner. (S) (HD) **10.00** With Jason Manford, Stephen Mangan, Tim Key and Joe Wilkinson. (S) (HD)

11.05 Father Ted
3/8 Series 3. Dougal takes over as Craggy Island's new milkman. (S) (AD) (HD) **11.40** *4/8.* Dougal and Ted bump into actor Richard Wilson. (S) (AD) (HD) **12.10am** Channel 4 Comedy Gala 2015: Best Bits (S) (HD) **1.00** Eight out of Ten Cats Does Countdown (S) (HD) **3.10–3.55am** Channel 4 Comedy Gala 2015: Best Bits (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **11.05 FILM** A Surrogate's Terror ★★ Thriller with Cassie Steele (S) (AD) **12.55pm FILM** Guilty at 17 ★★ Mystery thriller starring Erin Sanders (S) (AD) **2.45** CSI: Crime Scene Investigation **3.45** The Mysteries of Laura (S) **5.40** Columbo: Murder under Glass (S) (AD) **7.15pm FILM** Teacher's Obsession ★★ Drama thriller starring Mia Rose Frampton (S) **9.00** NCIS: Shoot to Kill *11/24 Series 8* **10.00** The Mysteries of Laura *11&12/22 Series 1* (S) **11.55** CSI: NY *10/24 Series 3* (S) (AD) **12.55am** CSI: Miami (S) (AD) **1.55** CSI: NY (S) (AD) **2.50** Chicago Fire: Casey calls in Voight for help **3.35–4.00am** True Crimes: the First 72 Hours

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Access **8.10** That '70s Show (S) **9.00** My Wife and Kids: ten back-to-back episodes (S) **1.35pm** Celebrity Big Brother: the Eviction (S) **3.05 FILM** Pudsey the Dog: the Movie ★★ Comedy featuring the voice of David Walliams (S) **4.50 FILM** Holy Man ★★ Satirical comedy drama starring Eddie Murphy and Jeff Goldblum (S) **7.05pm FILM** Cheaper by the Dozen 2 ★★ Comedy sequel starring Steve Martin and Bonnie Hunt (S) **9.00** Ultimate Celebrity Power Couples: celebrating the world's biggest celebrity couples of 2016 **11.00 FILM** Step Brothers ★★★ Comedy starring Will Ferrell, John C Reilly and Mary Steenburgen. **Review page 36** (S) **1.05am** American Horror Story: Asylum **1.55** Sing It On! (S) **2.50–4.00am** Ridiculousness

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p54**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Chris Tarrant: Extreme Railways **8.00** The World at War (S) **9.00** Monarchy by David Starkey (S) (AD) **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)

12 noon Chris Tarrant: Extreme Railways **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Chris Tarrant: Extreme Railways

6.00pm The World at War Pearl Harbor. (S) **7.00 Monarchy by David Starkey** The kings immortalised by Shakespeare. (S) (AD) **8.00 Sounds of the Sixties** With the Who. **8.30** Supergroups and guitar heroes. **9.00 Sounds of the Seventies** Music from Queen, Elton John and David Bowie. **9.35** With Aretha Franklin and Michael Jackson. **10.00 New York Rock at the BBC** Tracks by the Ramones, Lou Reed and Blondie. **11.00 Sounds of the Sixties**

12 midnight Museum Secrets (S) **1.00am** New York Rock at the BBC **2.00–3.00am** The World at War (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **9.00** Extreme Fishing with Robson Green **12 noon** A Place in the Sun: Home or Away **2.00pm** Homes under the Hammer **4.00** Jamie's Summer Food Rave Up **5.30** Jamie's 30-Minute Meals **7.00** DIY SOS: the Big Build: double bill. Adapting the home of a former paratrooper, then transforming a Sunderland house (AD) **9.00** Escape to the Country (AD) **11.00** DIY SOS: the Big Build (AD) **1.00–4.00am** A Place in the Sun: Home or Away

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** FIA World Rally Highlights **10.15** Police Interceptors **12.15pm FILM** Seven Thunders ★★ Wartime drama starring Stephen Boyd and James Robertson-Justice (BW) **2.20 FILM** Cromwell ★★★★ Historical drama starring Richard Harris and Alec Guinness. **Review page 36 5.00** Police Interceptors: triple bill **8.00pm** Beware: Robbers on the Rampage: the Met's flying squad targets moped gangs **9.00** Kicking Off: Caught on Camera: how CCTV and technological advances are helping to bring criminals to justice **10.00 FILM** Crank: High Voltage ★★ Thriller starring Jason Statham **11.45** Access **12 midnight** *New.* Sweat Inc **12.55am** Football **2.30–3.00am** Police Interceptors: Special Edition

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am FILM The Watsons Go to Birmingham ★★ **8.00** Little House on the Prairie **1.00pm FILM** Blue Valley Songbird ★★ **3.00 FILM** Brave New Girl ★★ **5.00 FILM** Birth of the Beatles ★ **7.00** The Beatles – Blue Album **8.00** Bob Marley – Legend **9.00** Elvis Presley – the Rock and Roll Years **10.00** The Beatles – Blue Album **11.00 FILM** Pink Floyd – The Wall ★★ **12 midnight FILM** Killer Instinct ★★ **2.00–3.00am** The Rise and Fall of the Krays

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am FILM Satan's School for Girls ★★ **9.50** Horror Highlights **10.00** Sheena **3.00pm FILM** Curse of the Talisman ★ **4.50 FILM** The Darwin Conspiracy ★ **6.40pm FILM** Meteorites! ★ **8.30** Tales from the Darkside **9.00 FILM** eXistenZ ★★★★ Futuristic drama starring Jennifer Jason Leigh and Jude Law **10.55 FILM** Hostel: Part III ★★ Horror starring Kip Pardue and Thomas Kretschmann **12.40am FILM** Prince of Darkness ★★ **2.40–4.30am FILM** 13 Eerie ★★

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am Nothing to Declare **8.00** 60-Minute Makeover **1.00pm** The Dog Whisperer (AD) **3.00** Highway Patrol (AD) **4.00** Motorway Patrol (AD) **6.00pm** Border Security: Australia's Front Line **7.00** UK Border Force **8.00** *New.* Border Security: Australia's Front Line: double bill. Documentary series following Australian Customs and Border Protection officers **9.00** Send in the Dogs: an insight into the work of Britain's police dogs **10.00** Brit Cops: Frontline Crime UK (AD) **11.00** Road Wars **12 midnight** Night Cops (AD) **1.00am** Road Wars **2.00** Most Shocking (AD) **4.00–6.00am** Motorway Patrol: four editions

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am The Clothes Show **7.00** Home Shopping **8.00** Serious Crash Unit **9.00** Motorway Cops **11.00** Escape to the Country **1.00pm** Escape to the Country **3.00** DIY SOS: the Big Build **4.00** Homes under the Hammer: double bill **6.00pm** Escape to the Country **9.00** Helicopter Heroes: cameras follow the work of the Yorkshire air ambulance service **10.00** Louis Theroux: America's Most Dangerous Pets: tigers kept in captivity **11.00** Got Home Alive **12 midnight** Slaughter at the Farm: Countdown to Murder **1.00am** Serious Crash Unit **2.00** Home Shopping **4.00–6.00am** The Clothes Show

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am Wheeler Dealers: 12 editions **12 noon** Wheeler Dealers: 12 further editions **6.00pm** Wheeler Dealers: double bill. Revamping an old Range Rover **7.00** Salvage Hunters: double bill. Drew Pritchard visits an aeroplane scrapyard, then contemplates buying a Land Rover (AD) **9.00** Couples Who Kill: a woman who abandoned her children to skip town with her lover **10.00** Dallas DNA **11.00** Most Evil **12 midnight** Forensic Detectives **1.00am** Cold Case: Jack the Ripper **2.00** Disappeared **3.00** Destroyed in Seconds **5.00–6.00am** A Racing Car Is Born

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am All New Blockbusters **7.30** Blockbusters **8.00** Catchphrase **9.00** TNA Xplosion 2016 **10.00** Gladiators **11.00** American Ninja Warrior **12 noon** Strike It Lucky **2.30pm** Bruce's Price Is Right **5.00** Catchphrase: game show in which contestants try to deduce everyday phrases and sayings from visual clues **7.00** The Chase: Bradley Walsh presents as contestants answer general knowledge questions and work as a team to take on a ruthless quiz genius and secure a cash prize **11.00** Bullseye **5.00–6.00am** Catchphrase

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

8.30am The Key of David **9.00** Star Trek **2.15pm** The Twilight Zone **3.00** The High Chaparral **4.00** Dr Quinn: Medicine Woman **6.00** Gunsmoke **8.00** CSI: Crime Scene Investigation **9.00** NCIS: five episodes. FBI agents try to control an investigation **10.00** A robotic vehicle causes the death of a lieutenant **11.00** An intelligence officer is murdered **12 midnight** A terrorist threatens a chemical attack **1.50am** Star Trek: beyond the Final Frontier **3.35–6.00am** CSI: Crime Scene Investigation

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

7.30am Tomorrow's World **9.00** CSI: Crime Scene Investigation **2.00pm FILM** Miss Lettie and Me ★★ Romantic drama starring Mary Tyler Moore and Burt Reynolds **4.00** Judge Judy **9.00** Unsolved Mysteries: double bill. How a dangerous man escaped while being transferred from prison to court, and alternative theories about Elvis Presley's death **11.00** Cheaters **3.50–5.00am** Judge Judy

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

6.55am Assembly **7.40** Speaker's House **8.20** Briefings **10.00** Commons **12 noon** Conversations **12.30pm** Review **1.30** Long Goodbye? **2.00** BOOKtalk **2.20** Scottish Parliament **3.15** Financial Stability **5.40** Welsh FMQs **6.30** Britain and the EU **7.25** Briefings **8.00** BOOKtalk **8.20** Westminster **10.00** Steel Industry **11.25** Lords **1.25am** BOOKtalk **1.40** Briefings **2.25** Rail **3.40** Conversations **4.25** The Somme **5.15** BOOKtalk **5.35–7.35am** Trident

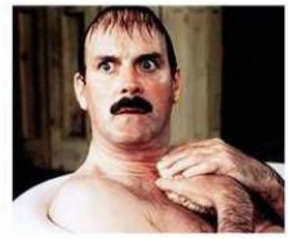
SATURDAY Satellite & cable

The Rock *9.00pm* Sean Connery and Nicolas Cage

Without a Trace *5.00pm* Jack gets a case thrown out

Bones *8.00pm* Has a college rivalry taken a deadly turn?

Sherlock *10.10pm* Holmes tries to decipher a symbol



Clockwise *9.10pm* Time is not on Brian's (John Cleese) side

Sky1

Sky 106 **Virgin** 110 **HD** **Virgin** 109

6.00am The Dog Whisperer (S) (HD) **7.00** Ashley Banjo's Secret Street Crew (S) (AD) (HD) **9.00** Ghostbusters: Special (HD) **9.30** ***New.*** What's Up (HD) **10.00** ***New.*** Soccer AM (HD) **11.30** Premier League Years (HD) **1.30pm** Guitar Star (S) (HD) **2.30** Futurama (S) (AD) **5.00** Modern Family: double bill (S) (HD)

6.00pm Modern Family *13/24* *Series 4.* Mitch and Cam covet an invitation to a prestigious party. **6.30** *14/24.* Manny and Luke compete for an acting role. **7.00** *15/24.* Jay is desperate to spend some time alone with Gloria. **7.30** *16/24.* Phil meets the college professor Claire once dated. (S) (HD)

8.00 Duck Quacks Don't Echo *7/7* *Series 2.* Highlights. (S) (AD) (HD)

9.00 The Rock ★★★★ Action thriller starring Sean Connery. (W) (HD)

11.40 A League of Their Own Kevin Pietersen guests. (S) (AD) (HD)

12.40am A League of Their Own: Unseen (S) (AD) (HD) **1.10** Karl Pilkington: the Moaning of Life (S) (AD) (HD) **2.10** Caribbean Cops (S) (HD) **3.10** Road Wars (S) (AD) **4.00** Border Security: Canada's Front Line (S) **5.00–6.00am** Gordonstoun: a Different Class (S) (HD)

Sky1 +1 **Sky** 130

Sky Atlantic

Sky 108

6.00am The Guest Wing (S) (AD) (HD) **7.00** Networks of Power with Sir Christopher Meyer (S) (HD) **8.00** Cold Case (S) (HD) **11.00** Micro Monsters with David Attenborough (S) (HD) **12 noon** Blue Bloods (S) (AD) (HD)

5.00pm Without a Trace *21/23* *Series 1.* Jack jeopardises a case. **6.00** *22/23.* A man takes his wife's former boss hostage. **7.00** *23/23.* Samantha is shot. **8.00** *1/24* *Series 2.* A school bus is hijacked by a gang of kidnappers demanding a ransom. (S) (HD)

9.00 Game of Thrones *9/10* *Series 1.* Ned faces a fateful decision to save Sansa's life. (S) (AD) (HD) **10.10** *10/10.* Robb's bannermen make a declaration. (S) (AD) (HD)

11.20 Last Week Tonight with John Oliver A satirical look at news and pop culture. (S) (HD)

11.55 Looking: the Movie Comedy starring Jonathan Groff. A man returns to San Francisco in search of closure regarding his relationships with two friends.

1.40am The Sopranos (S) (HD) **2.45** Curb Your Enthusiasm (S) **3.30** Cold Case (S) (HD) **4.20** The Guest Wing (S) (AD) (HD) **5.10–6.00am** Networks of Power with Sir Christopher Meyer (S) (HD)

Sky Atlantic +1 **Sky** 170

Sky Living

Sky 107 **Virgin** 112 **HD** **Virgin** 111

6.00am Cooks to Market (HD) **6.15** My Kitchen Rules: Australia (S) (HD) **10.00** Sun, Sea and A&E: South Africa (S) **11.00** UK Border Force (S) (AD(HD) **12 noon** Nothing to Declare (S) (AD) **1.00pm** Bones (S) (AD) (HD) **3.00** The Biggest Loser USA (HD) **4.00** Who'd Be a Billionaire **5.00** Nothing to Declare (S) (HD)

6.00pm Nothing to Declare A passenger's mystery bag contains something significant. (S) (HD) **6.30** A traveller tells a remarkable story. Last in series. (S) (HD)

7.00 Unforgettable *8/13* *Series 4* Carrie and Delina go under cover in an attempt to find a killer. (HD)

8.00 Bones *24/26* *Series 4* A fraternity member is found murdered at a university. (HD)

9.00 Criminal Minds *13/23* *Series 10.* The death of one of their own causes the agents to return to a cold case. **10.00** *14/23.* An explosion claims countless lives at a coffee shop. **11.00** *15/23.* A man is driven to kill by traumatic memories. (S) (HD)

12 midnight Criminal Minds (S) (HD) **1.00am** Blindspot (S) (AD) (HD) **2.00** Grey's Anatomy (S) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 **Sky** 122 **Virgin** 140

W

Sky 109 **Virgin** 125 **BT** 311 **HD** **Virgin** 191 **BT** 383

6.10am DIY SOS: the Big Build (S) (AD) (HD) **7.00** DIY SOS: Children in Need Special (S) (AD) (HD) **8.00** DIY SOS: Million Pound Build for Children in Need 2013 (S) (AD) (HD) **9.00** The Bill (S) **2.10pm** EastEnders (S) (AD) (HD) **4.50** Extreme Makeover: Home Edition (S)

6.40pm Extreme Makeover: Home Edition The team helps former police officer Carlton, who was shot while on duty. (S)

7.35 Outnumbered *6/6* *Series 3* Sue and Pete strive to patch up their relationship. (S) (AD) **8.20** *1/6* *Series 4.* The Brockmans attend a funeral. **See page 46.** (S) (AD) (HD)

9.00 Jonathan Creek *2/7* *Series 2.* Maddy and Jonathan investigate the intriguing case of a businessman with an acute fear of watches and clocks who appears to have defied the laws of time. (S) (AD)

10.10 Sherlock *2/3* *Series 1* Holmes and Watson investigate a mysterious symbol that has been appearing on walls around London – and find that the first person to see it dies soon after. (S) (AD) (HD)

12.10am Motorway Cops: thieves steal electrical cables (S) (HD) **1.10–3.00am** Being Human USA (S) (HD)

W +1 **Sky** 213 **Virgin** 131

Gold

Sky 110 **Virgin** 124 **BT** 310

7.00am 'Allo 'Allo! (S) **9.00** Only Fools and Horses (S) (AD) **3.00pm** Last of the Summer Wine (S)

6.20pm Last of the Summer Wine Howard threatens to join the French Foreign Legion. **7.00** Foggy suggests Howard gets a bicycle that can easily be hidden. **7.40** Compo and Clegg meet an old school friend. (S)

9.10 Clockwise ★★★ Comedy starring John Cleese. For headmaster Brian Stimpson this will be no ordinary day, but not in the way this most meticulous man has planned.

11.00 Monty Python's Best Bits (Mostly) Hugh Bonneville presents this series looking back at the troupe's most popular sketches, including the Spanish Inquisition. **See page 47.** (S) (AD)

11.40 Monty Python Live at the Hollywood Bowl ★★★ The celebrated British satirists are captured live in America, performing all their favourite crazy routines and songs, including the Dead Parrot sketch.

1.25am Monty Python's Best Bits (S) (AD) **2.05** The Young Ones: double bill (S) **3.25–4.00am** That Mitchell and Webb Look

Gold +1 **Sky** 166 **Virgin** 190

Sky Arts

Sky 121 **Virgin** 122 **HD** **Virgin** 206

6.00am Talks Music (S) (HD) **7.00** Cream Live at the Royal Albert Hall (S) (HD) **9.00** Beat Beat Beat (S) (HD) **9.15** Art Blakey and the Jazz Messengers: Live in '58 (S) **10.30** Discovering: Brigitte Bardot (S) (HD) **11.00** South Bank Show Originals (S) (HD) **12 noon** Portrait Artist of the Year 2014 (S) (HD) **1.00pm** Guitar Star (S) (HD) **2.00** The Mikado (HD) **4.45** David Bowie – a Reality Tour (S)

6.00pm REM by MTV Charting the history of US rock band REM, as recorded by MTV cameras since 1981, and exploring how the group developed alongside the "MTV generation". (HD)

8.00 Soundbreaking A look at the emergence and influence of the music video, examining how a marketing tool became a powerful link between artist and audience. (HD)

9.00 ***New.*** **Cambridge Folk Festival** *1/2.* Highlights from Cherry Hinton Hall, where performers included KT Tunstall, Christy Moore, Gogol Bordello and Kate Rusby. **See page 47.** (HD)

11.00 Soundstage Presents Joan Baez The Grammy award-winning American folk singer is joined by Gillian Welch and Nickel Creek for this 2004 concert. (HD)

12.15am Greenwich Village: Music that Defined a Generation (S) **2.10** Trailblazers: Heavy Metal (S) (HD) **3.10** Dag (S) (HD) **4.10** Cave Digger (S) (HD) **5.00–6.00am** Cirque du Soleil: Fire Within (S)

Universal

Sky 113 **Virgin** 137 **BT** 320

6.00am Fairly Legal (S) (HD) **7.00** Home Shopping **8.00** Sea Patrol: the crew discovers a body in the sea (S) (AD) (HD) **9.00** NCIS (S) (HD) **5.00pm** ***New.*** Royal Pains: Hank treats a triathlete who gives him some dating advice (S) (HD)

6.00pm White Collar *7/13* *Series 5.* Peter teams up with a fellow FBI agent who also happens to be his ex-girlfriend. (S) (HD) **7.00** *8/13.* Neal and Peter take on a case for the Museum of Natural History, one that involves tracking down a tyrannosaurus rex skeleton. (S) (HD)

8.00 Beverly Hills Cop II ★★ Sequel to the hit 1984 action comedy, starring Eddie Murphy as streetwise Detroit cop Axel Foley. When his friend Captain Bogomil is critically wounded by a Beverly Hills gang, Foley travels to Los Angeles to join the investigation. (S) (W) (HD)

10.00 Law & Order: Special Victims Unit *14/19* *Series 9.* A number of fertilised embryos are stolen from a sperm bank and the team's investigation reveals several unhappy customers. (S) (HD) **11.00** *16/19.* An investment banker is found dead and suspicion falls on his boyfriend, an American football player. (S) (HD)

12 midnight Law & Order: Special Victims Unit (S) (HD) **4.00–6.00am** NCIS (S) (HD)

Universal +1 **Sky** 150 **Virgin** 138

Sky2

Sky 129 **Virgin** 121

6.00am Monkey Life (S) (AD) **8.00** Nothing to Declare (S) **12.00** Monkey Life (S) (AD) **12.30pm** Football's Funniest Moments (S) **1.00** Relic Hunter: five episodes (S) **6.00pm** The Flash: double bill. A stranger from Earth-2 arrives with an urgent warning, then Barry and the team learn that Captain Cold has been kidnapped (S) **8.00** Arrow: Oliver goes after a drug-dealer (S) (AD) **9.00** Mount Pleasant: double bill. Lisa catches her mother-in-law shoplifting, then Fergus tells Denise his wife is unable to have children (S) (AD) **11.00** Forever: double bill (S) **1.00am** Road Wars (S) (AD) **3.00** Motorway Patrol (S) (AD) **4.00–6.00am** Emergency Abroad (S) (AD)

Syfy

Sky 114 **Virgin** 135 **BT** 319 **HD** **Virgin** 165 **BT** 375

6.00am Quantum Leap **8.00** Home Shopping **11.00** Fact or Faked: Paranormal Files **12 noon** **FILM** Mythica: a Quest for Heroes ★★ **2.00pm** **FILM** 2012: Ice Age ★★ **4.00** **FILM** Dracano ★ **6.00pm** The Captains Close Up **6.30** **FILM** Lara Croft, Tomb Raider: the Cradle of Life ★ **9.00** **FILM** Defendor ★★ Crime comedy drama starring Woody Harrelson **11.10** **FILM** Death Race: Inferno ★★ **1.20am** **FILM** Starship Troopers 2: Hero of the Federation ★★ Sci-fi action horror sequel starring Richard Burgi **3.20** Todd and the Book of Pure Evil **4.00–6.00am** **FILM** F6: Twister ★★

Syfy +1 **Sky** 194 **Virgin** 136

TLC

Sky 125 **Virgin** 167 **BT** 323 **HD** **Virgin** 168 **BT** 377

6.00am Say Yes to the Dress: Randy Knows Best (HD) **10.00** Say Yes to the Dress **2.00pm** Say Yes to the Dress: Atlanta (HD) **6.00pm** Say Yes to the Dress Canada (HD) **7.00** I Am Jazz: Jazz needs surgery before her body goes through male puberty (HD) **8.00** My Giant Life: Haleigh and her husband struggle with living in a studio flat (HD) **9.00** Undressed (HD) **10.00** Devious Maids (HD) **11.00** Mistresses (HD) **12 midnight** My Giant Life (HD) **1.00am** Undressed (HD) **2.00** Devious Maids (HD) **3.00** Say Yes to the Dress **4.00–6.00am** Say Yes to the Dress: Atlanta: four editions (HD)

TLC +1 **Sky** 154 **Virgin** 169

Lifetime

Sky 156 **Virgin** 208 **BT** 329 **HD** **Virgin** 209 **BT** 384

6.00am Judge Judy (HD) **10.00** Hoarders: Family Secrets (HD) **2.00pm** The Real Housewives of New Jersey: four editions (HD) **6.00pm** The Real Housewives of New Jersey: a look at footage from season five (HD) **7.00** Dance Moms: Abby's Studio Rescue: a studio owner rejects Abby's help (HD) **8.00** Atlanta Plastic: Dr Baron operates on a patient's stomach (HD) **9.00** **FILM** Adopting Terror ★★ Mystery thriller starring Sean Astin (W) (HD) **10.45** Wahlburgers (HD) **11.45** Hardcore Pawn (HD) **3.00–6.00am** Storage Wars (HD)

Lifetime +1 **Sky** 197

Comedy Central

Sky 112 **Virgin** 132 **BT** 307 **HD** **Virgin** 181 **BT** 370

8.00am The Middle (S) (HD) **9.00** That '70s Show (S) **10.00** Friends (S) (AD) (HD) **12 noon** The Middle (S) (HD) **1.00pm** Impractical Jokers (S) (HD) **2.00** Criminally Funny: Caught in the Act (S) (HD) **3.00** Friends (S) (AD) (HD) **8.00** Impractical Jokers (S) (HD) **9.00** Lee Evans: Big – Live at the O_2: a performance by the Bristol-born stand-up comedian (S) (HD) **10.00** Kevin Hart: Let Me Explain **11.00** **FILM** A Haunted House ★★★ Horror spoof starring Marlon Wayans (HD) **12.45am** Chris Ramsey at the Comedy Store (HD) **1.15** South Park **2.45** Bob's Burgers (S) (HD) **3.45–5.00am** Two and a Half Men: triple bill (S) (HD)

Comedy Central +1 **Sky** 127 **Virgin** 133

Sony Channel

Sky 157 **Virgin** 193 **BT** 331

7.00am Ghost Hunters **1.00pm** **FILM** The Natural ★★★★ **3.45** Movie News **3.55** **FILM** Les Misérables ★★ Period epic starring Liam Neeson and Geoffrey Rush **6.40pm** **FILM** Mr Jones ★★ Romantic drama starring Richard Gere, Lena Olin and featuring Anne Bancroft **9.00** **FILM** Primal Fear ★★★★ Courtroom thriller starring Richard Gere and featuring Edward Norton **11.40** **FILM** Courage under Fire ★★★ Drama starring Denzel Washington and Meg Ryan **2.00am** Ghost Hunters International **3.05–4.00am** Ghost Hunters

Sony TV +1 **Sky** 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

DCI Banks *10.00pm* The cops disagree about a firearm

ITV Encore

Sky 123

6.00am Upstairs, Downstairs (S) **7.55** Heartbeat **11.05** The Darling Buds of May (S) (HD) **12.15pm** The Chief **1.20** Kingdom (S) (AD) **4.25** Agatha Christie's Poirot (S) (AD) (HD)

6.50pm Agatha Christie's Poirot The Case of the Missing Will. The sleuth sets out to solve the murder of a Cambridge don. (S) (HD)

8.00 Vera *3/4 Series 5.* DCI Stanhope and her team investigate the mysterious death of a man found floating in the slurry pit of a Northumberland farm. (S) (AD) (HD)

DCI Vera Stanhope	**Brenda Blethyn**
DS Aiden Healy	**Kenny Doughty**
DC Kenny Lockhart	**Jon Morrison**
DC Bethany Whelan	**Cush Jumbo**
Dr Marcus Summer	**Kingsley Ben-Adir**

10.00 DCI Banks *5/6 Series 3* An operation to retrieve a gun goes wrong. (S) (AD) (HD)
11.00 *6/6.* AI offers to help Banks get Tracy back. (S) (AD) (HD)

DCI Banks	**Stephen Tompkinson**
DS Annie Cabbot	**Andrea Lowe**
DI Helen Morton	**Caroline Catz**
AI Jenkins	**Philip Jackson**
Tracy Banks	**Lily Loveless**

12.05am Jordskott (HD) **1.20** Micawber **2.20** The Americans (S) (AD) (HD) **3.05** Homefront (S) (AD) (HD) **4.00** Peak Practice **5.50–6.00am** Movies Now (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am Hell on Hooves **6.25** The FBI Files: Movie of the Week **10.35** Invisible Universe Revealed **11.50** Deadliest Earthquakes **12.55pm** Inside Einstein's Mind: the Enigma of Space and Time **2.05** The Great Math Mystery **3.15** The FBI Files: Movie of the Week: a hijacker who parachuted from a plane

5.25pm The FBI Files: Movie of the Week How a St Louis dentist killed the owner of a dental lab to avoid paying his debts.

7.35 Invisible Universe Revealed How the Hubble space telescope, launched in 1990, is part of one of the most ambitious experiments in the history of astronomy.

8.45 Deadliest Earthquakes Cameras follow geologists to Haiti and Chile in the immediate aftermath of earthquakes as they hunt for evidence that will help to predict future occurrences.

10.00 Kidnapped in Sao Paulo: Sequestro The work of the anti-kidnapping division of the Sao Paulo police department.

11.10 Inside Einstein's Mind: the Enigma of Space and Time The story behind Albert Einstein's general theory of relativity.

12.15am The Great Math Mystery **1.20** Kidnapped in Sao Paulo: Sequestro **2.10** Invisible Universe Revealed **3.05** Deadliest Earthquakes **4.05** Inside Einstein's Mind: the Enigma of Space and Time **5.05–6.00am** The Great Math Mystery

Father Brown *9.00pm* The priest looks for a poison pen

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Murdoch Mysteries (S) (HD) **8.00** Maisie Raine (S) (AD) **9.00** The Inspector Lynley Mysteries (S) **12 noon** Maisie Raine (S) (AD) **1.00pm** WPC 56 (S) (AD) (HD) **2.00** Judge John Deed (S) (AD) **4.00** The Inspector Lynley Mysteries (S)

7.00pm Inspector George Gently *1/2 Series 4.* When the body of missing schoolgirl Mary is discovered in a shallow grave, Gently and DS Bacchus are thrown into the alien world of pop music and media celebrity. (S) (AD) (HD)

9.00 Father Brown *9/10 Series 2* A death on a local farm is blamed on a Kembleford doctor, and the priest must find out who sent a series of letters to save his friend from the gallows. (S) (AD) (HD)

10.00 New Tricks *9/10 Series 12* When a blood-stained bust is uncovered, it seems to be connected to the murder of an alternative medicine practitioner, who was killed seven years earlier. (S) (AD) (HD)

11.20 Ripper Street *1/8 Series 1* Crime thriller set during the Victorian era, starring Matthew Macfadyen. (S) (AD) (HD)

12.40am Ripper Street (S) (AD) (HD) **2.00** WPC 56 (S) (AD) (HD) **2.50–3.50am** Murdoch Mysteries (S) (HD)

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Aircraft Stories **8.00** Battlefield (AD) **10.00** Hitler's Children **11.00** How We Got Here **12 noon** Mysteries of Asia **2.00pm** Time Team **3.00** Waterloo: the Ultimate Battle: exploring the military campaign **4.00** Battlefield: the 1943 Battle of Kursk (AD)

6.00pm Wartime Secrets with Harry Harris The presenter examines why Luftwaffe pilots were buried with military honours in London, and retraces the British Legion's trip to Nazi Germany.

7.00 Time Team Tony Robinson and the team investigate the mystery of human skeletons found under an outbuilding at Glendon Hall, Northamptonshire.

8.00 ***New.*** **How We Built the Bomb** The research, development and construction of the world's first nuclear bomb, which triggered the international arms race that gave rise to the Cold War.

10.00 The Rise of the Nazi Party Hitler and senior Nazi officials attempt to persuade the German population of the moral reasoning behind the Final Solution – the extermination of Jewish people.

11.00 Wartime Secrets with Harry Harris As 6pm.

12 midnight Battlefield (AD) **2.00am** Special Forces' Secrets **3.00** Nazi Cavemen **4.00** Hitler's Children **5.00–6.00am** How We Got Here

Discovery History +1 Sky 536 Virgin 263

Family Guy *9.00pm* Property wars for Quagmire and Brian

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Cops (HD) **9.00** NCIS (S) (AD) (HD) **4.00pm** The Closer (S) (HD)

6.00pm The Closer *12/15 Series 2.* Brenda investigates the death of a teenager who was due to appear in court to clear a man convicted of murdering a couple. **7.00** *13/15.* The wife of a crime boss is murdered in FBI custody. **8.00** *14/15.* Brenda takes involuntary time off, but ends up assisting an investigation. (S) (HD)

9.00 Family Guy *Series 13.* Brian becomes an estate agent after having cosmetic surgery. (S) (HD) **9.30** *Series 10.* Brian dates a blind girl, but is unimpressed when she reveals her dislike of dogs. (S) (HD)

10.00 American Dad! *Series 12* Hayley regresses to her six-year-old self. (S) (HD) **10.30** *Series 10.* Stan loses his job in a round of budget cuts. (S) (HD)

11.00 Family Guy *Series 7* Peter is inspired by the writing of Stephen King. (S) **11.30** Peter finds that he led a past life in 17th-century England. (S)

12 midnight American Dad!: double bill (S) (HD) **1.00am** Family Guy (S) **2.00** American Dad! (S) (HD) **3.00** Family Guy (S) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am American Restoration (HD) **10.00** Storage Wars (HD) **12 noon** Ax Men (HD) **2.00pm** American Pickers (HD) **4.00** American Restoration (HD) **5.00** Storage Wars (HD) **8.00pm** Mountain Men: life in the extremes of the wilderness (HD) **9.00** The Bastard Executioner: historical drama with Lee Jones. A former knight poses as an executioner in a bid to punish the villainous lord who betrayed him (HD) **10.15** Storage Wars (HD) **11.15** The Curse of Oak Island: a visitor thinks he knows where the treasure is (HD) **12.15am** Storage Wars (HD) **1.15** The Bastard Executioner (HD) **2.30–5.00am** Storage Wars (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Tanked (HD) **3.00pm** Treetop Cat Rescue (HD) **5.00** Insane Pools: off the Deep End (HD) **6.00** Treehouse Masters (HD) **7.00** Tanked (HD) **8.00** ***New.*** Treehouse Masters (HD) **9.00** Treehouse Masters (HD) **10.00** The Pool Master (HD) **11.00** Animal Cops Houston: double bill (HD) **1.00am** Treehouse Masters (HD) **3.00** The Pool Master (HD) **3.50** Alaska: the Last Frontier (HD) **4.40** Whale Wars (AD) (HD) **5.30–6.00am** Snow Leopards of Leafy London (HD)

Animal Planet +1 Sky 549 Virgin 258

Born Survivor: Bear Grylls *9.00pm* Alabama adventure

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am How It's Made (HD) **7.00** Extreme Car Hoarders (HD) **9.00** Fast 'n' Loud (AD) (HD) **11.00** Wheeler Dealers (AD) (HD) **1.00pm** Diesel Brothers: five editions (HD)

6.00pm Diesel Brothers The guys race to finish an F550 before an important trade show. **7.00** Diesel Dave locates a sought-after quad-cab Dodge with a 12-valve diesel engine. **8.00** ***New.*** Black Rhino Tools requests a show-stopping build for a trade show. Last in series. (HD)

9.00 Born Survivor: Bear Grylls The former Special Forces adventurer heads for the backwoods of Alabama, where he tackles freezing white water. (HD)

10.00 ***New.*** **Oklahoma City Bomb: Crimes of the Century** Investigating whether responsibility for the 1995 bombing in Oklahoma City lies solely with Timothy McVeigh. (HD)

11.00 A Crime to Remember The case of respected judge Curtis Chillingworth and his wife Marjorie, who vanished in 1955. (HD)

12 midnight Fast 'n' Loud (HD) **2.00am** MythBusters (AD) (HD) **3.50** Wheeler Dealers (HD) **4.40–6.00am** How It's Made

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Big, Bigger, Biggest (HD) **1.00pm** Icebreakers – Arctic Giants (HD) **2.00** London Underground Revealed (HD) **3.00** Big, Bigger, Biggest: History's Toughest Prisons (S) (AD) (HD) **4.00** Big, Bigger, Biggest: the Tallest Towers (S) (AD) (HD) **5.00** The World's Fastest Train: engineering advances (S) (AD) (HD) **6.00pm** Breakout: four editions (HD) **10.00** X: the Generation that Changed the World: double bill. The influence of people born between 1961 and 1981, and how they tend to mistrust those in power (HD) **12 midnight** 80s Greatest (HD) **1.00am** 90s Greatest (HD) **2.00–5.00am** Big, Bigger, Biggest (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am World's Oddest Animal Couples (HD) **10.00** Deadly 60 (HD) **12 noon** Brazil with Michael Palin (S) (AD) (HD) **3.05pm** Deadly 60 (HD) **5.00** Brazil with Michael Palin: triple bill. Michael finds a rich diversity of people in the Brazilian south **6.00** The seasoned traveller encounters cowboys and coastal lagoons **7.00** The Monty Python star travels from the northern border to Brasilia (S) (AD) (HD) **8.00** Deadly 60 (HD) **10.00** Brazil with Michael Palin (S) (AD) (HD) **1.00am** Deadly 60 (HD) **3.00** Brazil with Michael Palin (S) (AD) (HD) **5.30–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p50

5.10am Angels of Jarm **5.20** Roary **5.30** Peppa Pig **5.35** Toby's Travelling Circus **5.45** Angelina Ballerina **6.00** Bob the Builder **6.10** Wanda and the Alien **6.20** Pets: two boys and their mother have trouble finding their beloved cat George **6.25** Noddy in Toyland: a paintbrush causes havoc **6.40** Paw Patrol **6.50** Little Princess **7.05** Pip Ahoy! **7.20** Blaze and the Monster Machines **7.45** Ben and Holly **8.00–8.25am** Shimmer and Shine

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am Waybuloo **6.10** Big Barn Farm **6.25** Mr Bloom: Here and There **6.35** Raa Raa the Noisy Lion **6.50** Postman Pat **7.05** Q Pootle 5 **7.15** Dinopaws **7.25** Hey Duggee **7.35** Boj **7.45** Chuggington **7.55** Kate & Mim-Mim **8.05** Octonauts **8.20** Mike the Knight **8.30** Peter Rabbit **8.45** Rastamouse **8.55** Sarah & Duck **9.00** Something Special **9.20** Hey Duggee **9.30** CHOICE ***New.*** The Let's Go Club: the clubhouse gets sporty for the Rio 2016 Olympic Games **See page 47** **9.55** Topsy and Tim: double bill **10.15** Jamillah and Aladdin **10.35** Tree Fu Tom **11.00** ***New.*** Swashbuckle **11.25** Gigglebiz **11.40** Kerwhizz **12 noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Grandpa in My Pocket **12.45** Melody **1.00** My Story **1.15** Messy Goes to Okido **1.25** Charlie and Lola **1.40** Let's Play **2.00** Something Special **2.20** Hey Duggee **2.30** Our Family **2.40** Footy Pups **2.55** Topsy and Tim: double bill **3.15** Jamillah and Aladdin **3.30** Tree Fu Tom **4.00** Justin's House **4.25** Andy's Wild Adventures **4.40** Kerwhizz **5.00** Swashbuckle **5.25** Down on the Farm **5.40** Old Jack's Boat – Rockpool Tales **5.55** Small Potatoes **6.00** Charlie and Lola **6.10** Waybuloo **6.20** In the Night Garden... **6.50–7.00pm** CBeebies Bedtime Story: Dan Walker reads *Ambrose Goes for Gold*, by Tor Freeman

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.10** Zig and Zag **7.25** Strange Hill High **7.45** ***New.*** MOTD Kickabout **8.05** Just Kidding **8.25** ***New.*** Copycats **8.55** Newsround **9.00** Twin It To Win It **9.10** Matilda and the Ramsay Bunch **9.30** ***New.*** Ultimate Brain: presenter Dr Brain puts two teams to the test in scientific challenges **10.00** Taking the Next Step: search for the UK's most talented young dancer **10.30** The Dog Ate My Homework **11.00** How to Be Epic @ Everything **11.15** Hank Zipzer: double bill **12.05pm** Help! My Mini School Trip Is Magic **12.10** Newsround **12.15** Harriet's Army **12.45** 4 o'Clock Club **1.15** So Awkward **1.40** Newsround **1.50** Absolute Genius with Dick & Dom **2.15** My Life: Champion of the World **2.45** How to Be Epic @ Everything **3.00** Taking the Next Step **4.55** Bottersnikes & Gumbles **6.00** Deadly Pole to Pole **6.30** Ultimate Brain **7.00** Marrying Mum and Dad **7.30** Taking the Next Step **8.00** Secret Life of Boys **8.20** Help! My Mini School Trip Is Magic **8.25–9.00pm** The Dog Ate My Homework

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Fort Boyard Ultimate Challenge **6.25** Pat & Stan **6.35** Dino Dan **6.55** Signed Stories: Share a Story **7.00** Sooty **7.15** Super 4 **7.35** Thunderbirds Are Go **8.00** Ninjago: Rise of the Snakes **8.25** Almost Naked Animals **11.55** City Shorts **12 noon** ***New.*** Pokémon: XYZ **12.30pm** Deadtime Stories **1.00** My Phone Genie **1.30** Fort Boyard Ultimate Challenge **2.30** My Parents Are Aliens **2.50** Oddbods **3.00** Horrid Henry **4.05** What's New Scooby-Doo? **4.55** Nerds & Monsters **5.30** Almost Naked Animals **6.00** Pokémon: XYZ **6.25** Oddbods **6.30** Deadtime Stories **7.00** Horrid Henry **7.30** My Phone Genie **8.00** Fort Boyard Ultimate Challenge **8.55–9.00pm** Signed Stories: Share a Story

Gardening Spice up your borders, says Joe Swift Your RT P142

Discover film

The best of Sky, iPlayer, Netflix and beyond

Sky's weekend premiere

P The Good Dinosaur ★★★★ *6.15pm* ***Sky Premiere***

Animation house Pixar have gone back to basics for a tale where young dinosaur Arlo (voiced by Raymond Ochoa) must face his fears when he is stranded with a cave-boy far from his family home. While the storytelling is strong, the animation has to be seen to be believed. Stunning vistas turn the natural world into a larger-than-life character, providing jaw-dropping moments followed by thumping dinosaur action. **JAMES LUXFORD**

Making a splash

The Transporter ★★★ *9.00pm* ***Film4*** **FREEVIEW**

Now that Jason Statham is an internationally bankable action star notably in the *Transporter*, *Fast & Furious* and *Expendables* franchises, it's even more surreal that before acting he was a competitive high diver who was good enough to compete at the 1988 Olympics, the 1990 Commonwealth games, the Barcelona Olympiad and Atlanta in 1996. He didn't win a medal, but he genuinely coulda been a contender. **ANDREW COLLINS**

Leaving iPlayer

Love like Poison ★★★★

BBC iPlayer **FREE TO VIEW**

A teenager (Clara Augarde) returns home for the school holidays and finds her faith tested by family upheavals in this sensitive coming-of-age tale. Director Katell Quillévéré paces the action perfectly and Augarde's performance is remarkable. **DAVID PARKINSON**

Your guide to TV on demand: radiotimes.com/usingondemand
Film reviews for the week ahead begin on page 36

FREEVIEW

Film4 15

F'view 15 F'sat 300 Sky 315 Virgin 428 HD Virgin 429

11.00am The Dark Crystal ★★★★ Fantasy. (1982, PG) (S) **1.00pm The Chronicles of Narnia: The Voyage of the Dawn Treader ★★★★** Adventure. (2010, PG) (S) (AD) **3.15 Stuart Little ★★★** Fantasy. (1999, U) (S) (AD)

4.55pm Cheaper by the Dozen ★★ Lively remake of the 1950 comedy. Steve Martin, Bonnie Hunt, Piper Perabo, Tom Welling (2003, PG)

6.50 Mission: Impossible ★★★★ Thrilling update of the cult 1960s TV series. Tom Cruise, Jon Voight, Emmanuelle Béart (1996, PG) (S)

9.00 The Transporter ★★★ High-voltage action thriller. **Choice, left.** Jason Statham, Shu Qi, François Berléand, Matt Schulze (2002, 15) (S)

10.45 Die Hard ★★★★★ Gripping, no-holds-barred action thriller. **Gold medal movies, p34.** Bruce Willis, Alan Rickman (1988, 18) (S) (AD)

1.20–3.50am 13 Assassins ★★★★ First-rate sword-and-samurai adventure. Koji Yakusho, Takayuki Yamada, Yusuke Iseya (2010, 15)

Film4 +1 F'view 45 (HD only) F'sat 301 Sky 316 Virgin 430

Movie Mix 32

Freeview 32

9.00am Fatal Contact: Bird Flu in America ★★ Thriller. (2006, 12) **10.45 Young Frankenstein ★★★★★** Horror spoof. Gene Wilder (1974, PG) **1.00pm Daddy Day Camp ★** Comedy. Cuba Gooding Jr (2007, PG) **2.50** Movie News **3.00 Only You ★★★★** Comedy. Marisa Tomei (1994, PG) **5.15 The Accidental Husband ★★** Comedy. Uma Thurman (2008, 12)

7.05pm So I Married an Axe Murderer ★★★ Entertaining black comedy in which a man begins to suspect his bride is a killer. Mike Myers, Nancy Travis, Anthony LaPaglia (1993, 15)

9.00 Pistol Whipped ★★ Steven Seagal stars in this predictable action drama. Lance Henriksen, Paul Calderon (2008, 15)

11.05 Unthinkable ★★★ Intriguing psychological thriller in which a man is interrogated after claiming to have planted bombs in three US cities. Samuel L Jackson, Carrie-Anne Moss, Michael Sheen, Stephen Root (2010, 18)

1.00am Bending All the Rules ★★ Romantic comedy. Bradley Cooper, Colleen Porch, David Gail (2002, 15) **2.45 Roxanne ★★★★** Romantic comedy. Steve Martin, Daryl Hannah, Rick Rossovich (1987, PG) **5.00–6.00am** Highway to Heaven: TV series starring Michael Landon

Movies4Men 48

Freeview 48 Freesat 304 Sky 325

6.00am The Ghost Rider ★★ Western. (1935, U) **7.10 Wagonmaster ★★★★** Western. (1950, PG) **8.50** Cimarron Strip **10.25 The First Rebel ★★★** Western. (1939, U) **11.50 Best of the Badmen ★★** Western. (1951, U) **1.35pm Trail Street ★★** Western. (1947, U) **3.20 The Relentless Four ★★** Western. (1965) **5.10 The Virginian ★★★** Western. (2014, 12)

7.05pm Buffalo Bill, Hero of the West ★★ Spaghetti western starring former Tarzan Gordon Scott as Buffalo Bill. Jan Hendriks, Roldano Lupi, Catherine Ribeiro (1963, U)

9.00 Bandidos ★★★ A renowned gunman seeks revenge on the outlaw who maimed him in this spaghetti western. Enrico Maria Salerno, Terry Jenkins (1967)

10.50 His Name Was King ★★ Revenge spaghetti western that boasts a great theme song, used by Quentin Tarantino in *Django Unchained*. Richard Harrison (1971)

12.25am The Gunslingers ★ Western. John Elliott (2009, 15) **2.15–4.00am Django ★★★★** Spaghetti western. Franco Nero (1966, 15)

Movies4Men +1 Freesat 305 Sky 326

Premiere

Sky 301 Virgin 401 BT 501 HD Virgin 431

6.00am Bad Blood As 11.45pm **7.40 Minions** As 4.30pm **9.15 Narcopolis ★** Sci-fi thriller. Elliot Cowan (2014, 15) **11.00 Burnt** As 10pm **12.45pm P The Good Dinosaur** As 6.15pm **2.30** As 8pm **4.30 Minions ★★★** Fun animated comedy. Sandra Bullock (2015, U)

6.15pm P The Good Dinosaur ★★★★ Pixar's stunning tale of friendship between a cave-boy and a dinosaur. **Choice, left.** (2015, PG)

8.00 The Man from UNCLE ★★ Frantic makeover of the 60s TV show. Henry Cavill, Armie Hammer (2015, 12A)

10.00 Burnt ★★ Wry comedy drama. Bradley Cooper, Sienna Miller (2015, 15)

11.45 Bad Blood ★★ Biker gangs battle over drugs. Abigail Breslin, Sean Bean, Jake Busey (2014, 15)

1.20am Narcopolis As 9.15am **3.05 Hyena Road ★★** War drama. Rossif Sutherland, Paul Gross (2015, 15) **5.10** The Top Ten Show **5.30** Ghostbusters: Special

Premiere +1 Sky 302 Virgin 402

Spies

Sky 304 Virgin 404 BT 508 HD Virgin 434

6.00am Marathon Man ★★★★ Thriller. Dustin Hoffman, Laurence Olivier, Roy Scheider (1976, 15) **8.05** As 4.10pm **10.10** As 6.20pm **11.50** As 8pm **1.40pm** As 10pm **4.10 Mission: Impossible III ★★★** Energetic action spy thriller. Tom Cruise, Philip Seymour Hoffman, Michelle Monaghan (2006, 12)

6.20pm Charlie's Angels ★★ Noisy action adventure based on the old 70s TV show. Cameron Diaz, Drew Barrymore, Lucy Liu, Bill Murray (2000, 15)

8.00 Charlie's Angels: Full Throttle ★ Vapid action comedy sequel. Cameron Diaz, Drew Barrymore, Lucy Liu, Bernie Mac, Justin Theroux (2003, 12)

10.00 Spectre ★★★ Bond meets the ultimate adversary in this epic spy adventure. Daniel Craig, Christoph Waltz, Dave Bautista (2015, 12)

12.35am Ronin ★★★★ Crisp, no-nonsense action thriller. Robert De Niro, Jean Reno, Natascha McElhone (1998, 15) **2.45 Marathon Man** As 6am **5.00** Star Trek Beyond Special **5.30** Fast & Furious 7 Special

Comedy

Sky 308 Virgin 408 BT 506 HD Virgin 438

7.00am Three Amigos! ★★★ Comedy. Chevy Chase, (1986, PG) **8.50 Nine Months ★★** Comedy. Hugh Grant (1995, 12) **10.40 Planes, Trains and Automobiles ★★★★** Comedy. Steve Martin (1987, 15) **12.20pm 13 Going on 30 ★★★** Romantic comedy fantasy. Jennifer Garner (2004, 12) **2.05** As 8pm

4.05pm 1941 ★★★ Sprawling, hit-and-miss comedy. Dan Aykroyd, Ned Beatty, John Belushi, Lorraine Gary (1979, 12)

6.10 Ricki and the Flash ★★★ Laugh-laced drama. Meryl Streep (2015, 12)

8.00 Ted 2 ★★★ Gag-heavy comedy for fans of naughty fun. Mark Wahlberg, Seth MacFarlane (2015, 15)

10.00 Superbad ★★★★ Very funny tale of two teenagers attempting to procure booze for a party. Jonah Hill, Michael Cera (2007, 15)

12 midnight The 40 Year Old Virgin ★★★ Comedy. (2005, 15) **2.00am Blazing Saddles ★★★★** (1974, 15) **3.40 The Opposite Sex ★★** (2014, 15) **5.25 Revenge of the Pink Panther ★★★** (1978, PG)

Hits

Sky 303 Virgin 403 BT 504 HD Virgin 433

7.05am As 6pm **9.10 John Wick** As 9.50pm **10.55 Strange Magic** As 4.15pm **12.40pm Fantastic Four** As 8pm **2.30 The Inbetweeners 2** As 11.35pm **4.15 Strange Magic ★★** Animated saga of fairies, elves and a magic elixir. Evan Rachel Wood, Alan Cumming (2015, U)

6.00pm Charlie and the Chocolate Factory ★★★ Colourful re-imagining of the Roald Dahl book. Johnny Depp (2005, PG)

8.00 Fantastic Four ★★ Underwhelming action fantasy. Miles Teller, Michael B Jordan, Kate Mara (2015, 12)

9.50 John Wick ★★★★ Action-packed thriller. Keanu Reeves (2014, 15)

11.35 The Inbetweeners 2 ★★★ Often hilarious comedy. Simon Bird, James Buckley, Joe Thomas, Blake Harrison (2014, 15)

1.20am As Above, So Below ★★★ Serviceable horror. Perdita Weeks, Ben Feldman (2014, 15) **3.05 Cake ★★** Drama. Jennifer Aniston (2015, 15) **5.00 Dino Time ★★** Animated comedy adventure. Pamela Adlon, Melanie Griffith (2012, PG)

Action/Adventure

Sky 307 Virgin 407 BT 502 HD Virgin 437

6.00am Crouching Tiger, Hidden Dragon ★★★★★ Martial arts epic. Chow Yun-Fat, Michelle Yeoh (2000, 12) **8.10** As 5.55pm **10.15** As 10.20pm **12.15pm** As 8pm **2.35 Rocky III ★★** Boxing drama. Sylvester Stallone, Carl Weathers (1982, PG) **4.20 Rocky IV ★★** Boxing drama. Sylvester Stallone, Talia Shire, Burt Young (1985, PG)

5.55pm Everest ★★ Retelling of events that unfolded on the world's highest mountain in 1996. Josh Brolin, Jake Gyllenhaal, Robin Wright (2015, 12)

8.00 Fast & Furious 7 ★★★★ Paul Walker bows out in style in this globe-trotting entry in the muscle-car franchise. Vin Diesel, Dwayne Johnson, Jason Statham, Michelle Rodriguez (2014, 12)

10.20 The Goonies ★★★ Good-natured adventure. Sean Astin, Corey Feldman, Martha Plimpton, Kerri Green (1985, 12)

12.20am Gone in Sixty Seconds ★★ Action crime drama. Nicolas Cage, Angelina Jolie (2000, 15) **2.25 Days of Thunder ★★★** Sports drama. Tom Cruise, Robert Duvall, Nicole Kidman (1990, 15) **4.25 Rocky IV** As 4.20pm

Crime/Thriller

Sky 309 Virgin 409 BT 509 HD Virgin 439

6.45am The Thomas Crown Affair ★★★ Crime caper. (1968, PG) **8.30 Breakdown ★★★★** Thriller. (1997, 15) **10.15 The Bone Collector ★★★** Thriller. Denzel Washington (1999, 15) **12.15pm Tracers ★★** Thriller. (2015, 12) **1.55** As 9pm **3.45 Captive ★★** Crime thriller. David Oyelowo (2015, 12)

5.25pm One Hour Photo ★★★★ Unnerving psychological thriller. Robin Williams, Connie Nielsen, Michael Vartan, Gary Cole, Eriq La Salle (2001, 15)

7.05 Lethal Weapon 2 ★★★ Violent outing for the bickering cops. Mel Gibson, Danny Glover, Joe Pesci (1989, 18)

9.00 Solace ★★★ Dark and creepy thriller. Anthony Hopkins, Colin Farrell, Jeffrey Dean Morgan, Abbie Cornish (2015, 15)

10.50 We Still Kill the Old Way ★ Gangster flick. Ian Ogilvy (2014, 18)

12.35am Tracers As 12.15pm **2.20 Lethal Weapon 2** As 7.05pm **4.25 Loss of Faith ★★** Mystery thriller. John Ritter (1997)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.55am The Many Adventures of Winnie the Pooh ★★★★ Animation. (1977, U) **8.15** As 4.50pm **9.45** As 6.35pm **11.10** As 10.15pm **1.00pm Big Hero 6** ★★★★ Animation. (2014, PG) **2.50 Cars** ★★★ Animation. (2006, PG) **4.50 The Fox and the Hound** ★★★ Animation. (1981, U)

6.20pm Sanjay's Super Team Brilliant short film from Pixar.

6.35 Peter Pan ★★★★ Delightful animated fantasy. Bobby Driscoll, Kathryn Beaumont, Hans Conried (1953, U)

8.00 Tomorrowland: a World Beyond ★★★★ Hugely ambitious and totally beguiling adventure. George Clooney, Britt Robertson (2015, 12)

10.15 101 Dalmatians ★★★ Enjoyable live-action version of the canine caper. Glenn Close (1996, U)

12.05am The Black Hole ★★★ Sci-fi adventure. Maximilian Schell (1979, PG) **1.50** As 8pm **4.10** Inside Out Special **4.30 Tinker Bell and the Legend of the NeverBeast** ★★★ Animated fantasy. Mae Whitman (2014, U)

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.35am Daddy Day Care ★★ Comedy. Eddie Murphy (2003, PG) **8.15** As 3pm **10.00** As 4.40pm **11.40** As 6.20pm **1.20pm** As 8pm **3.00 The Legend of Longwood** ★★ Fantasy adventure. Lucy Morton (2014, PG) **4.40 Maya the Bee** ★★ Animated comedy. Coco Jack Gillies (2014, U)

6.20pm Robots ★★★ Visually inventive animated comedy adventure. Ewan McGregor, Halle Berry (2005, U)

8.00 Paul Blart: Mall Cop 2 ★★ The accident-prone store detective returns. Kevin James (2015, PG)

9.40 The Giver ★★ Overfamiliar teen sci-fi tale. Jeff Bridges, Meryl Streep, Brenton Thwaites (2014, 12)

11.20 Rocketeer ★★★★ Entertaining romp. Bill Campbell, Jennifer Connelly, Alan Arkin, Timothy Dalton (1991, PG)

1.10am Daddy Day Care As 6.35am **2.45 The Giver** As 9.40pm **4.25 Scooby-Doo 2: Monsters Unleashed** ★★★ Mystery comedy adventure. Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard (2004, PG)

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

7.25am Roman Holiday ★★★★★ Romantic comedy. Audrey Hepburn (1953, U) **9.30** The Top Ten Show **9.50 If I Stay** ★★ Drama. Chloë Grace Moretz (2014, 12) **11.45 Mamma Mia!** ★★★★ Musical comedy. Meryl Streep (2008, PG) **1.45pm** As 10pm **3.55 Beaches** ★★★ Drama. Bette Midler, Barbara Hershey (1988, 12)

6.05pm Big Eyes ★★★ Tim Burton's fascinating biopic of artist Margaret Keane. Amy Adams, Christoph Waltz, Danny Huston (2014, 12)

8.00 The Age of Adaline ★★★ Easy-going romantic fantasy. Blake Lively, Harrison Ford (2015, 12)

10.00 Notting Hill ★★★★ Feel-good romantic comedy about the unlikely affair between a London bookseller and a Hollywood star. Julia Roberts, Hugh Grant, Hugh Bonneville (1999, 15)

12.10am The Skeleton Twins ★★★★ Drama. Bill Hader, Kristen Wiig (2014, 15) **1.50 Wolf** ★★★ Horror. Jack Nicholson, Michelle Pfeiffer (1994, 15) **4.00 A Place in the Sun** ★★★★ Drama. Montgomery Clift, Elizabeth Taylor (1951, U)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.00am Close Encounters of the Third Kind ★★★★★ Sci-fi drama. Richard Dreyfuss (1977, PG) **8.30** As 5.15pm **10.30** Star Trek Beyond Special **11.00** As 7.15pm **12.45pm** As 9pm **2.30** As 10.45pm **5.00** The Top Ten Show **5.15 Ex Machina** ★★★★ Sci-fi thriller. Domhnall Gleeson (2014, 15)

7.15pm Maggie ★★★★ Gripping and genuinely moving horror thriller. Arnold Schwarzenegger, Abigail Breslin, Joely Richardson, Douglas M Griffin (2015, 15)

9.00 The Visit ★★★ M Night Shyamalan's blackly comic horror. Deanna Dunagan, Peter McRobbie (2015, 15)

10.45 Batman Begins ★★★★ Christian Bale dons the cape and cowl for this gripping psychological portrait of the comic-book hero. Michael Caine, Liam Neeson, Katie Holmes (2005, 12)

1.15am Rosemary's Baby ★★★★★ Very disturbing, brilliantly directed horror. Mia Farrow, John Cassavetes, Ruth Gordon (1968, 18) **3.40 Close Encounters of the Third Kind** As 6am

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.20am As 6.15pm **8.05** As 8pm **10.25 Partisan** ★★★ Thriller. Vincent Cassel (2015, 15) **12.05pm The Hustler** ★★★★★ Drama. Paul Newman, Jackie Gleason (1961, 15) **2.25 Cool Hand Luke** ★★★★ Drama. **Choice, left.** Paul Newman (1967, 15) **4.35 Irrational Man** ★★ Comedy drama. Joaquin Phoenix (2015, 12)

6.15pm The Truman Show ★★★★★ Ingenious satirical comedy drama in which a man's entire life is actually a reality TV show. Jim Carrey, Ed Harris, Laura Linney (1998, PG)

8.00 Vanilla Sky ★★ Glossy but superficial romantic fantasy thriller. Tom Cruise, Penélope Cruz (2001, 15)

10.20 Wall Street ★★★★ A gullible broker falls under the spell of his boss in this stylish morality tale. Michael Douglas, Charlie Sheen (1987, 15)

12.30am Eyes Wide Shut ★★★ Fascinating psychological drama. Tom Cruise, Nicole Kidman (1999, 18) **3.15 Sideways** ★★★★★ Romantic comedy drama. Paul Giamatti, Thomas Haden Church (2004, 15)

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

6.05am Kung Fu **8.15 Arizona Territory** ★★★ Western. (1950) **9.25 Gunsmoke in Tucson** ★★ (1958, U) **11.00 The Charge at Feather River** ★★★ (1953, U) **12.55pm** Longmire **3.00 Many Rivers to Cross** ★★★ Comedy western. (1955, U) **4.55 The Moonlighter** ★★ Western. (1953, U)

6.25pm The Desperado ★★ Watchable western. Wayne Morris (1954, U)

8.00 Canyon Raiders ★ Short and simplistic western. Whip Wilson (1951)

9.00 Unforgiven ★★★★★ Magnificent, Oscar-winning western. Clint Eastwood, Gene Hackman, Morgan Freeman, Richard Harris (1992, 15)

11.30 Jeremiah Johnson ★★★ Meditative, majestically shot western adventure. Robert Redford, Will Geer, Stefan Gierasch, Allyn Ann McLerie (1972, PG)

1.30am Mimic 2 ★★ Sci-fi horror. Alix Koromzay (2001, 15) **3.05** Conspiracy Theory **5.00 Barry Lyndon** ★★★★★ Utterly hypnotic period drama. Ryan O'Neal, Marisa Berenson (1975, PG) **TCM +1** Sky 318 Virgin 417

SPORT Choices

Test Cricket *5.15am, 8.10am, 10.30am* ***Eurosport 2***

Sri Lanka's home series against Australia was a late addition to Eurosport's portfolio, and today the Saturday early-risers among us can see day three of the Second Test at Galle. The First Test at Pallekele began with the rattle of wickets for both sides, and Sri Lankan skipper Angelo Mathews, an experienced all-rounder, will hope to steady the ship. The Aussies brought some spinners with them – useful in this part of the world. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold (AD) **7.00** Super Heroes: rugby union's James Horwill **7.30 LIVE Rugby Union** Coverage of the Super Rugby final as the teams battle for the southern hemisphere championship. **10.00 Soccer AM** **11.30 Football's Greatest Teams** Celtic's "Lisbon Lions". (AD) **12 noon LIVE Scottish Football** Rangers v Hamilton Academical (kick-off **12.30pm**), a Premiership game on the first weekend of the new season, as the Gers make their return to the top flight. **3.00pm Soccer Saturday** **5.00 LIVE Football** Liverpool v Barcelona in the International Champions Cup (kick-off **5.15**), played at Wembley Stadium. **7.30 Dutch Football** **9.30 Football** Liverpool v Barça. **11.30 Super League** **12 midnight** Premier League Legends **12.30am LIVE** Major League Soccer: Montreal Impact v Houston Dynamo (kick-off **12.38**) **2.35** Football Gold (AD) **3.00** Premier League Legends **3.30** Super League **4.00–6.00am** Premier League Years (AD)

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Cricket's Greatest (AD) **8.00** Test Cricket **10.00** The Saturday Debate **10.30 LIVE Test Cricket** England v Pakistan, day four in the third of a four-match series, from Edgbaston. **7.00pm** Cricket's Greatest (AD) **8.00** Test Cricket **10.00** Cricket's Greatest (AD) **11.00** Test Cricket **1.00am** Cricket's Greatest (AD) **2.00** Test Cricket **4.00–6.00am** Cricketing Yorkshire

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

7.30am Champions League Classics **9.30** Scottish Football **11.00** Non-League Football **11.30 LIVE Non-League Football** Maidstone United v York City in the National League (kick-off **12.15pm**). *Also on BT Sport 4K UHD* **2.30pm** Silly Little Game (AD) **3.30** Motor Racing **4.30** Bowls **5.30** Premier League World **6.30** Angling **7.00** Motor Racing **8.00** Premier League Season Review **9.00 LIVE Major League Baseball** Los Angeles Dodgers v Boston Red Sox (start time **9.05**); **12 midnight** Chicago White Sox v Baltimore Orioles (start **12.10am**). **3.00am** Major League Baseball **3.30** World Sport **4.00–7.00am LIVE Australian Rules Football** Carlton v St Kilda (bounce-up **4.10**), from the MCG.

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Legends of Darts **6.30** Darts Gold (AD) **7.00** Boxing Gold **8.00** Major League Soccer **10.00** Tennis **10.30** Great Sporting Moments **11.00** Fishing **11.30** The World Rugby Show **12 noon Tennis** ATP Tour news. **12.30pm LIVE Tenpin Bowling** Weber Cup, day two in the annual challenge between Europe and the USA, from EventCity in Manchester. More at 7pm on Sky Sports 5. **3.30 LIVE Gaelic Football** An All-Ireland Senior Football Championship quarter-final at Croke Park (throw-in **4.00**), with Tyrone one of the teams in action; **5.45** Another All-Ireland Senior Football Championship quarter-final (throw-in **6.00**). Dublin have qualified for this match. **8.00 Rugby Union** **10.30 Gaelic Football** **3.00am** Boxing Gold **4.00** Tennis **4.30** Fishing **5.00–6.00am** Sporting Greats

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am PGA Tour Classic **7.00** European Tour Golf **8.00** PGA Tour Classic (AD) **9.00** European Tour Golf **10.00** PGA Tour Classic (AD) **11.00 LIVE European Tour Golf** The Paul Lawrie Match Play. **1.00pm** Wonderful World of Golf (AD) **2.30** Sporting Rivalries (AD) **3.00 LIVE European Tour Golf** The Paul Lawrie Match Play. **6.00 LIVE US Tour Golf** Round three of the Travelers Championship. **11.00** European Tour Golf **12 midnight** PGA Classic **1.00am** European Tour Golf **2.00** Wonderful World of Golf (AD) **3.30** PGA Classic **4.30** European Tour Golf **5.30–6.00am** Sporting Rivalries (AD)

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.00am Judo **6.30** IndyCar **8.30** German Football **10.00 LIVE Australian Rules Football** Western Bulldogs v North Melbourne (bounce-up **10.25**). **1.00pm** World Sport **1.30** IndyCar **3.30** Classic Boxing: great rivalries **6.30** Australian Rules Football **8.30** World Sport **9.00** Muhammad and Larry (AD) **10.00** Classic Boxing **11.00** UFC: triple bill **1.00–6.30am LIVE UFC** Fight Night 92 undercard in Salt Lake City. **3.00** The main live UFC bout is Yair Rodríguez v Alex Caceres.

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Players (AD) **9.00** Wrestling **12 noon LIVE Scottish Football** Rangers v Hamilton Academical (kick-off **12.30pm**), a Premiership game from Ibrox on the first weekend of the new season. **3.00pm LIVE Super League** Featherstone Rovers v Leeds Rhinos (kick-off **3.00**), Super 8s Qualifier; **5.00** Catalans Dragons v Widnes Vikings (kick-off **5.00**), Super 8s. **7.00 LIVE Tenpin Bowling** The Weber Cup, the evening session on day two between Europe and the USA, from EventCity in Manchester. **10.00 Wrestling** WWE grappling. **1.00am** Football's Greatest Players (AD) **4.00** Wrestling **5.00–6.00am** Spanish Football Gold (AD)

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.30am Rallying **8.00** Rallycross **9.00** Speedway **10.00** Swimming **10.30** Athletics **1.00pm** Tennis **2.50** Eurosport News **2.55** Going for Gold **3.00** Cycling **4.00** Speedway **5.00 LIVE Speedway** European Championship, round two in Latvia. **8.00 LIVE Tennis** The semi-finals of the ATP 250 Atlanta Open. **10.00** News **10.05** Going for Gold **10.20** News **10.25** Cycling **10.55** Going for Gold **11.00** Motor Racing **11.30** Rallying **12 midnight** News **12.05am** British Superbikes **1.05–1.10am** News

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

5.15am LIVE Test Cricket Sri Lanka v Australia, day three of the Second Test in Galle. More 8.10am. **7.30** Trail Running **8.00** Watts **8.10 LIVE Test Cricket** Sri Lanka v Australia, day three continues. **10.10** News **10.25** Going for Gold **10.30 LIVE Test Cricket** Session three of Sri Lanka v Australia. **12.30pm** World Superbikes **1.00** British Superbikes **2.00 LIVE British Superbikes** Qualifying from Brands Hatch. **5.00** Motorcycling **6.00** World Superbikes **6.30** Rallying **7.00 LIVE Motor Racing** World Touring Cars qualifying in Argentina. **8.30** British Superbikes **10.00** Speedway **11.00** Motorcycling **12 midnight** Motor Racing **12.30–5.15am** Eurosport News

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am Rugby Union **7.30** World Sport **8.00** Game of the Week **10.30** Silver Lining (AD) **11.30** German Football **2.30pm** Judo **3.00** Australian Rules Football **5.00** World Sport **5.30** Rugby Union **7.00** Game of the Week **9.30** Non-League Football **11.00** German Football **12.30am** Australian Rules Football **2.30** Motor Racing **3.30** Last Week, This Week **3.45** Judo **4.15** Non-League Football **5.45–6.00am** Last Week, This Week

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am Pardon the Interruption/ Around the Horn **8.00** American Football **8.30** ESPN FC **9.00** American Football **12 noon** Around the Horn **12.30pm** Pardon the Interruption **1.00** ESPN FC **1.30** Major League Baseball **4.30** World Sport **5.00** IndyCar **6.00 LIVE Major League Baseball** New York Yankees v Cleveland Indians (start time **6.05**). **9.00** World Rally **10.00** Boxing **12 midnight LIVE American Football** Ottawa Redblacks against Edmonton Eskimos (kick off **12.00**). **3.00am** American Football **5.30–6.00am** Major League Baseball

Books Summer reading inspiration Your RT P140

SUNDAY Choices The pick of today's TV

DRAGON WARS

■ **Deborah Meaden**, 57, sold her multimillion-pound holiday park business and now has a reported net worth of about £40 million. Her investments in the Den include Magic WhiteBoard and GripIt Fixings.

■ **Sarah Willingham**, 48, turned the Bombay Bicycle Club into the UK's most successful chain of Indian restaurants. She, too, is said to have a net worth of £40 million. Her investments include Grounded Body Scrub and Sublime Science.

HARD COP, SOFT COP Deborah Meaden and Sarah Willingham adopt different styles

PICK OF THE DAY Dragons' Den *9.00pm* ***BBC2***

REALITY "Shh! I'm shopping," says Deborah Meaden as she and fellow Dragon Sarah Willingham enthusiastically riffle through a rack of items brought in by a pair of fledgeling fashion business entrepreneurs. But the question, as always, is whether either of them will put their money where their mouth is.

Even after 13 series, the fun of guessing which pitch will go down well, which will be torn to shreds and which Dragon will make an investment offer hasn't paled. So place your bets on a non-slip bag strap, a finger gadget for folding paper, a 3D-printed statuette of yourself made in, say, chocolate or candlewax and a trendy reinvention of a very old-fashioned snack – pork scratchings.

But bear in mind that Peter Jones dismisses one idea with "I could do all of this myself, so I don't need you", while Nick Jenkins snaps at a previously confident pitcher: "Those figures should be in your head." **JANE RACKHAM**

The Simpsons: Homer Day

From 2.00pm ***C4***

SITCOM Nearly four hours of Homer's best moments, and more than half of this selection are classics. We kick off with season three's *Colonel Homer* – the only instalment with a script credited solely to series creator Matt Groening – which introduced doe-eyed country singer Lurleen Lumpkin.

Other standouts include *Oh Brother, Where Art Thou?*, with Danny DeVito as Homer's car magnate half-brother (2.55pm); the 2006 Emmy winner *The Seemingly Never-Ending Story* (3.25pm); the cute flashback episode *I Married Marge* (3.55pm); and one of the greatest episodes of all time, *Flaming Moe's* (4.55pm). **JACK SEALE**

Countryfile

6.30pm ***BBC1***

FACTUAL Anita Rani spends the day on Kerrera, an island in the Inner Hebrides just across the water from Oban, on the way to Mull. She joins postmistress Gill Vollum on her daily rounds, which you might think would be an easy job on an island with a population of fewer than 50 – but there's also only one road, and that's not finished. Suddenly five and a half square miles seems like quite a lot of territory to cover.

While taking in Kerrera's spectacularly diverse geology, in a landscape of rugged cliffs, wide beaches and impressive wildlife, Rani also visits shepherd Sheila McGregor to have a go at rounding up sheep – and learns that, remarkably, all the farms are run by women. **JS**

Robot Wars

8.00pm ***BBC2***

ENTERTAINMENT These days, most of the contestants in *Robot Wars* are enormous, indestructible, tank-armoured death machines. So it's nice to see a little of the old homemade spirit in new challenger Overdozer, a robot that was built in five days from plain old MDF and powers its weapon with a petrol engine.

That said, this plucky underdog faces some tough challenges this week in a series of bouts that are as destructive as they are entertaining. Suffice to say, there's more than one machine leaving the competition to chants of "You're going home in a bin bag" from the crowd. Back to the drawing board. **HUW FULLERTON**

Return to the Falklands

9.40pm ***Yesterday***

DOCUMENTARY In 2012 two veterans went back to the Falkland Islands to relive the events of 30 years earlier when a taskforce of British troops had sailed south, some on an old car ferry, to fight the invading Argentinian army.

"Nobody took it seriously," says Major Phil Neame of the early days of the conflict, "until the *Belgrano* and *Sheffield* were sunk."

Occasionally, emotions seep through – Corporal John Geddes is clearly upset when talking about injured comrades. Most of the recollections, however, are stiff-upper-lip soldier-speak (with a spattering of colourful language), and yet it's this lack of sentimentality that's so affecting. **JR**

Slow Train through Africa with Griff Rhys Jones

10.15pm ***ITV***

DOCUMENTARY If you're not fussed about what's going on sport-wise in Rio, turn your eyes eastwards to Namibia instead. In 2015 Griff Rhys Jones took a train trip that's not your average commute. Hardly anyone travels by rail in this sparsely populated country, so station staff are incredulous when he asks for a ticket.

But before he ventures into the region known as "the Gates of Hell", he must buy some other essentials for the trip – a mattress to sleep on and a canvas chair for daytime use in the open goods wagon he'll be travelling in. There's not a lot of gorgeous scenery, but Griff's charming company more than makes up for that. **JR**

Parks and Recreation

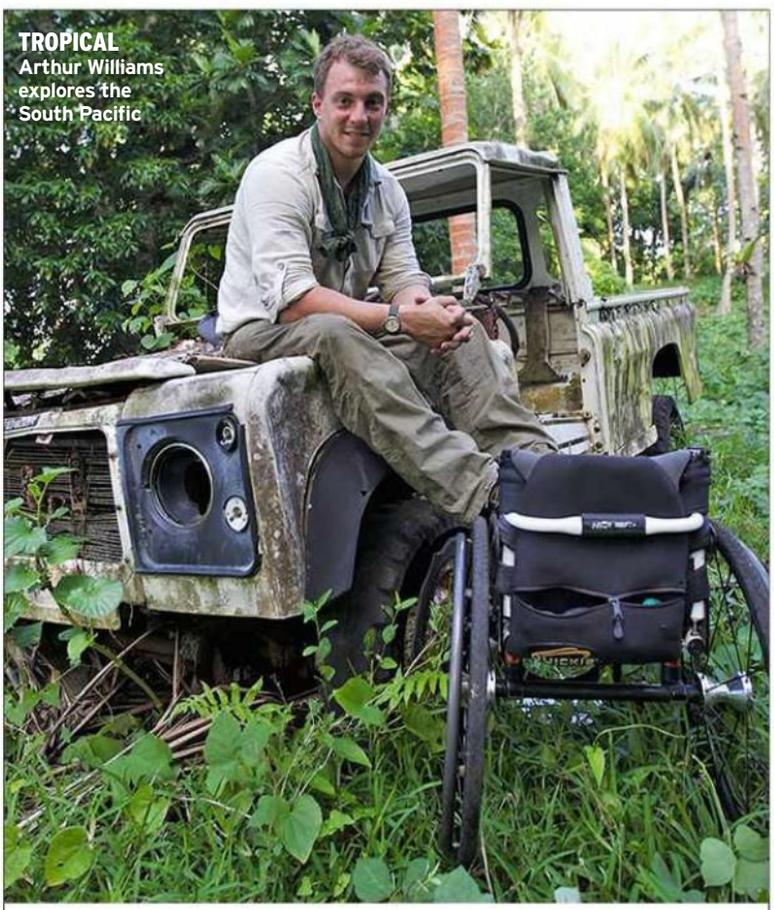
11.00pm ***Dave***

SITCOM We last saw Leslie and Ron locked in their old office, after Ron had delivered a killer blow, telling his former colleague and mortal enemy, "You're not that good at scrapbooking!"

Fortunately Leslie has the chance to get her own back – "I think wood is stupid and so does everybody else!" – as Ron refuses to talk things out.

But several hours and one Billy Joel singalong later (the real lyrics to *We Didn't Start the Fire* will for ever seem inferior after you hear Leslie's version) and we finally find out about Morningstar – and learn the surprisingly touching reason Ron left his job at the Parks Department.

HANNAH SHADDOCK



TROPICAL Arthur Williams explores the South Pacific

Flying to the Ends of the Earth

8.00pm ***C4***

DOCUMENTARY The personable former Royal Marine Arthur Williams, in a wheelchair after being paralysed in a car accident in 2007, is an object of real fascination among the people of a tiny South Pacific island.

He's on Tanna, part of that pub-quiz staple Vanuatu, among a community that believes the spirit of Second World War airman John Frum lives in a volcano. After a trip to the volcano, which routinely hurls out ash, Williams is dragged into some kind of ceremony. Two elderly women grab hold of his legs to try to heal his paralysis, leaving Williams bemused but – just about – genial. "Just... wow!" is all he can muster as he's set upon and, bafflingly, has a guitar thrust into his hands.

Elsewhere, he visits an island devastated by a cyclone, and goes fishing – by hand. **AG**

DISCOVER TV

Today's best of BBC3, iPlayer, Netflix and beyond

...Sings Stevie Wonder

iPlayer

Ed Sheeran closes a stirringly eclectic hour of Wonder covers from the Beeb archives with his 2014 *Hootenanny* take on *Master Blaster (Jammin')*. A fine job, although historians of pop, TV or both might prefer the earlier clips, when stars such as Roberta Flack, Tom Jones and Tony Bennett sang Stevie songs in a pre-Jools world of loungey variety specials.

Artsnight: Maria Balshaw *iPlayer*

What do you mean, you haven't visited any of the nominees for 2016's Museum of the Year? A good second best is provided by the director of last year's winner, Manchester's Whitworth Gallery. Balshaw's guide to the new top five asks big questions about how museums can survive, and push boundaries, in a digital age.

Kipling's Indian Adventure *iPlayer*

Another chance – today is your last opportunity to see it online – to catch a 2015 exploration of Rudyard Kipling's seven-year trip to India, begun in 1882 and full of eyebrow-raising experiences that would define his work. **JACK SEALE**

HIDDEN GEM

The Forsyte Saga

2.35am ***Drama***

This ITV series from 2002 probably won't banish memories of the BBC's electrifying 1967 version of John Galsworthy's trilogy, but it's still worth a look, particularly for Damian Lewis's cruel Soames. The cast includes Rupert Graves and Gina McKee as Soames's abused wife, Irene.

FILMS OF THE DAY

P 47 Ronin

9.00pm ***C4***

Handsomely staged samurai drama in which Keanu Reeves rallies a band of warriors to avenge the death of his master. There is spectacle to enjoy as our heroes climb castle ramparts like cockroaches and monsters barrel through verdant forests. **See page 37**

■ **The Queen** *3.30pm* ***ITV***
A superb, award-winning Helen Mirren is Queen Elizabeth II in the aftermath of Diana's death.

■ **Monsters, Inc** *6.15pm* ***C4***
Frantic, funny and very furry animated comedy, in which a little girl runs amok in a world of monsters.

CHILDREN'S CHOICE

Wallace & Gromit: A Close Shave

7.30pm ***BBC2***

Another chance to see the short film that gave us Shaun the Sheep. Nick Park's much-loved, cheese-loving inventor Wallace falls in love with wool-shop owner Wendolene and the pair set out to rescue Gromit, who's been wrongly imprisoned for killing sheep. As charming and brilliant as it was in 1995, complete with an evil robotic cyber-dog.

BEST LIVE SPORT

■ **Community Shield Football: Leicester City v Manchester United** *3.15pm (k/o 4pm)* ***BT Sport 2;*** *10.30pm (highlights)* ***BBC2***

■ **Cricket: England v Pakistan, Third Test, day five** *10.30am* ***Sky Sports 2;*** *7pm (highlights)* ***Channel 5***

■ **Championship Football: QPR v Leeds United** *11.30am (k/o 12 noon),* **Sheffield Wednesday v Aston Villa** *4.15pm (k/o 4.30pm)* ***Sky Sports 1***

■ **British Superbikes** *12.30pm* ***Euro2***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

GETTY

SUNDAY Main Channels

BBC1

6.00am Olympic Breakfast
With Sally Nugent and Charlie Stayt. Replay of last night's action from 9.15am on BBC2. (S) (HD)

9.00 BBC News (S) (HD)

10.00 Sunday Morning Live
Debating religious, moral and ethical issues. (S) (HD)

11.00 Homes under the Hammer
Properties in London, Stoke and Radcliffe. (R) (S) (AD) (HD)

12 noon Bargain Hunt
From Derbyshire's Kedleston Hall. (R) (S) (AD) (HD)

12.45pm BBC News
Weather for the Week Ahead (S) (HD)

1.00–6.00 Olympics 2016

1.00 Rowing, Fencing and Gymnastics
Coverage of the rowing at Lagoa Stadium, beginning with action from the repecharges in the men's and women's single sculls, men's pair, women's and men's double sculls, and men's lightweight four.

Then Britain's Helen Glover and Heather Stanning are in action as they begin the defence of their title in the heats of the women's pair.

In artistic gymnastics there's the first rotation of the women's qualifying and in fencing, the men's individual foil reaches the quarter-final stage at the Carioca Arena 3. (S) (HD)

Rowing
2.10 Women's pair heats
2.40 Women's lightweight double sculls heats
3.20 Men's lightweight double sculls heats
4.00 Men's four heats
Commentary from Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.
Helen Glover: page 26

4.30 Rugby Sevens
Great Britain's women continue their campaign as they take on Canada in a Pool C match.

Presented by John Inverdale. Eddie Butler and Sir Clive Woodward commentate. (S) (HD)

5.00–6.00 Road Cycling and Swimming
The women's road race gets under way at Fort Copacabana, with GB's Lizzie Armitstead taking part.

The swimming programme continues with the women's 100m backstroke heats. In the absence of Olympic champion Missy Franklin, who didn't qualify, can world champion and London 2012 silver medallist Emily Seebohm of Australia take gold this time around? Georgia Davies will be representing Great Britain in this event. She reached the semi-finals at the 2012 Olympics and took the silver medal at the 2014 Commonwealth Games.

The men's 200m freestyle features Britain's James Guy, who took gold at the 2015 World Aquatics Championships from Olympic silver medallist Sun Yang of China. The reigning Olympic champion in this event, America's Matt Grevers, didn't qualify.

Presented by Hazel Irvine with Helen Skelton and Jill Douglas. (S) (HD)

Road Cycling
4.15 Women's road race
Swimming
5.00 Women's 100m backstroke heats
5.21 Men's 200m freestyle heats
5.59 Women's 100m breaststroke heats
Andy Jameson and Adrian Moorhouse commentate.

The swimming action continues on BBC2 with the remaining heats in the women's 100m breaststroke, the men's 100m backstroke heats and the women's 400m freestyle heats.

6.00 BBC News **Regional News; Weather** (S) (HD)

6.30 Countryfile
RT On the archetypal Scottish Island of Kerrera, Anita Rani spends a day getting under the skin of island life. She also joins postmaster Gill Vollum as she goes about her daily round – not easy when there's only one half-finished road on the island – and helps shepherd Sheila McGregor round up her sheep.
See page 56. Includes **Weather for the Week Ahead**.
Series producer Joanna Brame; Exec producer William Lyons (S) (HD)

Swimming *from 5.00pm* Making a splash: Adam Peaty will surely feature in tonight's men's 100m breaststroke final at 2.53am. The 21-year-old is the current holder of World, European and Commonwealth titles

7.30–10.00 Olympics 2016

7.30 Road Cycling
Coverage of day two continues with the climax to the women's cycling road race. Presented by Clare Balding with Mark Chapman. (S) (HD)

8.00 Olympics Round-up
Clare Balding with the best of the day's action. (S) (HD)

9.00–10.00 Rugby Sevens and Hockey
The women's rugby sevens quarter-finals take place at the Deodoro Stadium. Plus Great Britain v New Zealand in Group A of the men's hockey tournament. Rugby sevens and hockey action continues on BBC2. (S) (HD)

10.00 BBC News **Regional News; Weather** (S) (HD)

10.30 Match of the Day
Highlights of the Community Shield, the traditional curtain-raiser to the new Premier League season. Leicester City, last season's surprise champions, took on FA Cup winners Manchester United this afternoon at Wembley. The Foxes were contesting the Shield for only the second time in their history while for United it was their 30th appearance, having won the trophy 20 times previously. Presented by Manish Bhasin with commentators Guy Mowbray and Danny Murphy.
Producer Ian Finch; Editor Steve Rudge (S) (HD)

11.15–4.00am Olympics 2016

11.15 Gymnastics
The final women's gymnastics qualifying session, introduced by Jason Mohammad. (S) (HD)

2.00am–4.00 Swimming
From the Olympic Aquatics Stadium, featuring four finals and four semi-finals. Britain's Adam Peaty will be hoping for gold in the Olympic 100m breaststroke. With Jason Mohammad with Helen Skelton. (S) (HD)
Swimming
2.03 Women's 100m butterfly final
2.11 Men's 200m freestyle semi-finals
2.29 Women's 100m breaststroke semi-finals
2.53 Men's 100m breaststroke final
3.01 Women's 400m freestyle final
3.12 Men's 100m backstroke semi-finals
3.36 Women's 100m backstroke semi-finals
3.54 Men's 4x100m freestyle final
Adam Peaty: page 14

4.00 Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Table Tennis and Beach Volleyball
Round two in the singles of the men's and women's table tennis kicks off today's coverage. There's also action from the preliminaries of the beach volleyball and the first two sessions of the women's gymnastics qualifying.

Presented by Ore Oduba with Matt Baker. (S) (HD)
Gymnastics
1.45 Women's qualifying, session one
3.30 Women's qualifying, session two
Commentary comes from Craig Heap and Christine Still, with guest Beth Tweddle.

3.00 Tennis
The first round of the men's and women's singles and doubles in the tennis continues, with Andy Murray and Serena Williams hoping to add back-to-back Olympic titles to this year's Wimbledon titles. (S) (HD)

4.30 Road Cycling, Swimming and Diving
The women's road race is under way with British hopes resting with London 2012 silver medallist Lizzie Armitstead. The race started at Forte Copacabana and at this stage the riders should have passed Ipanema and Barra and be heading to Grumari Natural Park. They face a gruelling 130.3 kilometers, including tough climbs, flat sections, bone-jarring cobbles and some fantastic views over the city.

There's also continued coverage of the swimming and diving competitions. (S) (HD)

5.45 Fencing
The quarter-finals in the men's foil are taking place at the Carioca Arena 3. Will Britain's fencer Laurence Halsted, who reached the quarter-finals of 2015 World Championships, reach the same stage here – or even improve on it? (S) (HD)

6.00 Tennis and Table Tennis
While round two of the men's and women's table tennis competition reaches a conclusion, the first round of the men's and women's singles tennis continues at the Olympic Tennis Centre. (S) (HD)

7.00 Swimming, Diving and Gymnastics
The final of the women's synchronised 3m springboard competition this evening could feature the Team GB duo of Alicia Blagg and Rebecca Gallantree, who came tenth in the World Championships and sixth in the Diving World Cup, held in Rio. If they have made the final they could well be up against world champions Shi Tingmao and Wu Minxia of China. Commentary from Bob Ballard and Leon Taylor.

Elsewhere, the women's qualifying sessions in the artistic gymnastics continue. (S) (HD)
Swimming
7.11 Men's 4x100m freestyle relay heats
Diving
8.00 Women's synchronised 3m springboard final

9.00 Hockey and Fencing
Ireland take on the Netherlands in the men's hockey tournament and in fencing, the men's foil reaches a climax at the Carioca Arena 3.
Hockey
10.00 Netherlands v Ireland, men's Group B

11.30–2.00am Tennis and Beach Volleyball
The evening schedule concludes with the preliminaries in the beach volleyball which, with its iconic venue on Copacabana Beach, plus the strength of the host nation challenge, promises to be one of the highlights of Rio 2016. (S) (HD)

2.00am Britain on Film: Brits at Play How Britain's increasingly affluent population took advantage of emerging recreational activities during the 1960s. (R) (S)
2.30 Sounds of the Sixties Recalling a decade in British music, with archive performances by rock, pop and R'n'B artists, including Freddie and the Dreamers and Pinky and Perky doing the twist. (R) (S)
3.00–4.00am Timeshift: The Nation's Railway – the Golden Age of British Rail How British Rail transformed the network in the postwar years. (R) (S) (AD) (SL)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

5.45am Gardeners' World Tips on growing sweet peas. First shown last Friday (S) (HD)

6.15 Countryfile Summer Special Matt Baker travels along the coastline of south Wales. Shown last Sunday BBC1 Signed repeat 12.40am (S) (HD)

7.15 The Beechgrove Garden Replanting the bog garden. Shown last Thursday BBC2 Scotland (S) (HD)

7.45 Saturday Kitchen Best Bites James Martin presents highlights of the series. (R) (S)

9.15 Olympics 2016 Highlights Day one in Rio, where medals were decided in swimming, road cycling and judo. (S) (HD)

1.00pm The Third Man ★★★★★ Classic thriller written by Graham Greene, starring Joseph Cotten and Orson Welles and featuring Alida Valli. Director Carol Reed (1949, PG) (BW) (S) (AD) (HD)

2.40 Escape to the Continent A couple plan to relocate to the Puglia region of Italy. (R) (S) (AD) (HD)

3.40 Flog It! From Herne Bay, Kent. (R) (S) (HD)

4.25 Songs of Praise Marking the 300th anniversary of Capability Brown's birth. (S) (HD)

5.00 New Zealand: Earth's Mythical Islands *3/3.* A caving expedition reveals relics of the nation's pre-human past. Shown last Tue (S) (AD) (HD)

6.00pm Olympics 2016

The latest swimming heats at the Olympic Aquatics Stadium and the women's cycling road race from Fort Copacabana. The cycling is heading towards a conclusion, while the swimming includes the heats of the men's 100m backstroke at **6.19** and women's 400m freestyle at **6.39**. (S) (HD)

7.30 Wallace and Gromit: A Close Shave

Nick Park's animated characters embark on their third adventure, which sees Wallace fall in love and Gromit framed for sheep rustling. With the voice of Peter Sallis. **Children's choice, p57.**
Director Nick Park (R) (S) (AD) (HD)

8.00 Robot Wars

RT *3/6.* The latest eclectic collection of home-made robots includes Glitterbomb, designed by nine-year-old April, which has a huge pink axe. A team of students from Falkirk field a machine made of wood with a petrol engine and what appears to be an outboard motor for a weapon, while family team Big Nipper have created a robot with interchangeable titanium weapons made from parts found at a scrapyard. Dara O Briain and Angela Scanlon host. **See p56.**
Directors Nikki Parsons and Chris Brogden; Series producer Matt Wilkinson Repeated tomorrow 11.20pm (S) (HD)

9.00 Dragons' Den

RT *3/16 Series 14.* It's handbags at dawn as high-street textile tycoon Touker Suleyman clashes with the entrepreneurs behind a fledgling fashion business. The Dragons also ponder the profits in pork scratchings, while a device for folding paper has them in creases. Will Touker, Deborah Meaden, Peter Jones, Sarah Willingham and Nick Jenkins be tempted to back any of the hopeful entrepreneurs? Evan Davis presents. **See page 56.**
Executive producer Ceri Aston; Series editor Darrell Olsen Repeated Tuesday 11.20pm (S) (AD) (HD)

10.00 Olympics 2016

Coverage continues with the men's hockey group match between Great Britain and New Zealand at the Olympic Hockey Centre and the quarter-finals of the women's rugby sevens at the Deodoro Stadium. (S) (HD)

11.15 Youth in Revolt ★★★

Romantic comedy drama starring Michael Cera and Steve Buscemi. Teenager Nick Twisp is determined to lose his virginity but feels he needs to develop a rebellious streak to impress the girl of his dreams. So he creates a bad-boy alter ego. **Review page 37.**
Director Miguel Arteta (2009, 15) (S) (W) (HD)

12.40–2.40am Sign Zone 12.40 Countryfile Summer Special The south Wales coast. Shown 6.15am (S)
1.35 Holby City Still grieving for Arthur, Ric questions his surgical skill. Shown last Tuesday BBC1 (S) (AD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am CITV See page 63

8.25 ITV News (S)

8.30 Weekend Aled Jones chats with soul singer Beverley Knight and actor Brian Cox. (S) (HD)

9.25 Murder, She Wrote Jessica visits Hollywood to see her latest mystery novel turned into a movie, and discovers a body on the set of *Psycho*.

10.25 Jessica visits a friend who owns a Monte Carlo hotel, and before long a murderer checks in. Ian Ogilvy guest-stars. (R) (S) (AD) (HD)

11.25 Columbo A photographer murders his wife and makes it look as if she was killed by a kidnapper. Guest-starring Dick Van Dyke. (R) (S) (AD) (HD)

1.20pm ITV News Weather; Regional Weather (S)

1.25 Long Lost Family A 70-year-old woman seeks a daughter she gave up for adoption in 1968. Shown last Wednesday Next edition Wednesday 9pm (S) (AD) (HD)

2.30 Love Your Garden The team creates a dream garden in Durham. Shown last Tuesday (S) (HD)

3.30 The Queen ★★★★★ Oscar-winning historical drama, starring Helen Mirren as Queen Elizabeth II and Michael Sheen as Tony Blair. Following the death of Princess Diana in 1997, the royal family struggles to acknowledge the nation's unprecedented display of collective grief. As old-fashioned royal protocol begins to crumble, the newly elected Labour government seeks a solution to the mounting crisis. **Review page 37.**
Director Stephen Frears (2006, 12) (S) (AD) (W) (HD)

5.30pm Masterpiece with Alan Titchmarsh

Alan and co-host Rachel Houston-Holland invite teams of enthusiasts to find the most rare and valuable items at Firle Place in East Sussex.
Series director Paul Kirrage; Series producer Sue Allison (R) (S) (HD)

6.30 Regional News Weather (S)

6.45 ITV News Weather (S)

7.00 The Zoo

1/3 Series 4. An insight into daily life for the staff and animals at London Zoo in Regent's Park and its country home at Whipsnade. Sumatran tiger Melati has given birth to three cubs, while the breeding programme for endangered Humboldt penguins has gone into overdrive.
Series producer Alicia Kerr; Executive producer Paul Hamann (R) (S) (HD)

8.00 Midsomer Murders

Habeas Corpus. When wealthy landowner Gregory Lancaster's body goes missing on the night of his death, a sinister web of secrets and lies is exposed in the village of Little Malton – and a macabre world of body-snatching holds the key to identifying the culprit.

DCI John Barnaby	**Neil Dudgeon**	Craig Coffley	**Ciarán McMenamin**
DS Charlie Nelson	**Gwilym Lee**	Caleb Southwood	**Clive Merrison**
Rose Lancaster	**Helen Baxendale**	Hermione Lancaster	**Diana Quick**
Sonny Desai	**Navin Chowdhry**	Dr Kam Karimore	**Manjinder Virk**
Rev Melissa Ackers	**Emma Cunniffe**	Ellie Loxley	**Sarah Middleton**
Sarah Barnaby	**Fiona Dolman**	Dr Isaac Vernon	**Joseph Mydell**
Felix Lancaster	**Alastair Mackenzie**	Bobbie Loxley	**Elizabeth Rider**

Writers Rachel Cuperman and Sally Griffiths
Producer Phil Hunter; Director Alex Pillai (R) (S) (AD) (HD)

10.00 ITV News

Weather; Regional Weather (S)

10.15 Slow Train through Africa with Griff Rhys Jones

RT **Namibia.** Griff travels across the south-west of the continent, experiencing luxury camping, encountering cheetahs and clambering up 1,000-foot sand dunes. **See page 57.**
Series producer Graeme Hart
Executive producer Ross Harper (R) (S) (AD) (HD)

11.15 Rugby Union

Action from Premiership Sevens finals day at the Ricoh Arena in Coventry, with eight teams playing in two pools of four, and the winners of each contesting the final. Gethin Jones presents.
Executive producer Nick Turner Rptd tomorrow 7pm ITV4 (HD)

12.15am Jackpot247 Interactive gaming.
3.00 Motorsport UK British F4 and Renault Clio Cup racing at Croft. Shown yesterday 6.50am ITV4 (S) (HD)
3.50 Nightscreen Text information. (HD)
5.05–6.00am The Jeremy Kyle Show (R) (S) (SL) (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am Shipping Wars (R) (S) (HD)

6.40 The Grid Including an interview with Sir Chris Hoy. Repeated Tuesday 2.45am (S)

7.05 Motorsport The Château Impney Hill Climb. Repeated Tuesday 1.55am (S) (HD)

7.30 Everybody Loves Raymond (R) (S)

8.25 Frasier Double bill. (R) (S) (AD)

9.30 Sunday Brunch (S) (HD)

12.30pm Basil the Great Mouse Detective ★★★ Animated adventure featuring the voice of Vincent Price. The rodent detective faces arch-enemy Professor Ratigan when investigating the kidnapping of a toy-maker. **Review p37.**
Directors Ron Clements, Dave Michener, John Musker and Burny Mattinson (1986, U) (S) (W) (HD)

2.00 The Simpsons: Homer Day
RT Eight back-to-back episodes featuring a variety of the patriarch's misadventures. **See page 56.** (R) (S) (AD)

5.50pm Channel 4 News

Sport; Weather (S) (HD)

6.15 Monsters, Inc ★★★★★

Animated comedy featuring the voices of John Goodman and Billy Crystal. Sulley and Mike are creatures expert in gathering the screams of children. However, when a little girl accidentally follows them home, their lives are changed for ever. **Review p37.**
Director Pete Docter (2001, U) (S) (W) (HD)

8.00 Flying to the Ends of the Earth

RT *2/3 Series 2.* Arthur Williams flies to the islands of the South Pacific. On Wadigi, he meets Tracey Johnson who has turned the island into a private retreat for celebrities and the super-rich. **See page 57.**
Producer Sophie Kaye; Executive producer Alistair Pegg Rptd tomorrow 1.55am 4seven (S) (AD) (HD)

9.00 47 Ronin ★★★

P Martial arts action drama. After a samurai master is forced to commit a ritual act of suicide for breaking protocol, his exiled band of swordsmen – or "ronin" – are left to roam feudal Japan and soon turn their minds to revenge. **Film of the Day: page 37.**

Kai	**Keanu Reeves**
Kuranosuke Oishi	**Hiroyuki Sanada**
Mika	**Ko Shibasaki**
Lord Kira	**Tadanobu Asano**
Lord Asano	**Min Tanaka**

Director Carl Rinsch (2012, 12) (S) (W) (HD)

11.20 Ghost ★★★★

Romantic drama. Soon after swearing his undying love to Molly, Sam is killed. His troubled spirit refuses to leave Molly and he becomes her ghostly guardian, but how can he warn her that her life is in danger?

Sam Wheat	**Patrick Swayze**
Molly Jensen	**Demi Moore**
Oda Mae Brown	**Whoopi Goldberg**
Carl Bruner	**Tony Goldwyn**
Willie Lopez	**Rick Aviles**

Director Jerry Zucker (1990, 15) (S) (AD) (W) (HD)

1.40am Friday Night Dinner *3/6 Series 4* Jonny has news. Shown last Friday (S) (AD) (HD)
2.10 The World's Weirdest Weather A mysterious haze in Moscow. (R) (S) (AD) (HD)
3.05 Walking the Himalayas Exploring Pakistan's mountain valleys. (R) (S) (AD) (HD)
4.00 Kirstie's Fill Your House for Free Helping homeowners in Essex. (R) (S) (HD)
4.15 Phil: Secret Agent Down Under A family search for a home in Brisbane. (R) (S) (HD)
5.10–6.15am Location, Location, Location House-hunting in Sussex. (R) (S) (SL) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf
plus 29 more Freeview channels

Regional variations

BBC2 WALES

5.00pm Carol Vorderman: Fying Engineer: meeting the Airbus workforce at Broughton in Flintshire
5.50–6.00 Coast: Neil Oliver visits RAF Valley in Anglesey
11.15 New Zealand: Earth's Mythical Islands
12.15–1.40am FILM: Youth in Revolt: romantic comedy drama

LONDON LIVE

F'view 8 **Sky** 117 **Virgin** 159

5.00am Talking Points
6.00 Charlie Chaplin Originals: double bill (R)
7.00 FILM: Is Your Honeymoon Really Necessary?: comedy with David Tomlinson and Diana Dors
8.40 FILM: Derby Day: drama starring Anna Neagle and Michael Wilding
10.20 FILM: Q Planes: Second World War spy drama starring Laurence Olivier, Valerie Hobson and Ralph Richardson
12 noon London Live News: latest reports
2.00pm BFI London: the Fairy of the Phone: musical comedy
2.15 The Adventures of Sherlock Holmes (R)
2.45 FILM: Miss Tulip Stays the Night: drama
4.15 FILM: Martha – Meet Frank, Daniel and Laurence: romantic comedy drama with Monica Potter, Rufus Sewell and Tom Hollander
6.00 London Live News
7.00 FILM: The Fourth Protocol: spy thriller starring Michael Caine and Pierce Brosnan
9.25 FILM: Restoration: period drama starring Robert Downey Jr, Sam Neill and David Thewlis
11.55 FILM: Zebra Crossing: drama starring Lee Turnbull
1.55am Black Books (R)
3.00–5.00 Desmond's: four episodes (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

SUNDAY Freeview

Channel 5 [5]

Now That's Funny! *6.00pm* Blow, baby, blow: amusing clips with kids

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

5.40am Milkshake! See page 63
9.55 Teenage Mutant Ninja Turtles (S) (HD)
10.30 Football: the Championship Shown yesterday 9pm (S) (HD)
11.30 Football: Goal Rush Shown yesterday 10pm (S) (HD)
12 noon Now That's Funny! With sporting disasters and wedding crashers. (S) (HD)
1.00pm Benefits House: Me and My 26 Kids Large families whose sole source of income is benefits. (S) (HD)
2.00 Benefits, Babies and Jail People living on the dole in South Yorkshire. (S) (HD)

3.00pm Benefits: Can't Work, Won't Work
Focusing on people who claim to be unable to work due to health problems.
Series producer Tim Pritchard
Executive producer Ian Rumsey (S) (HD)

4.00 Benefits: 19 Kids and Counting the Cost
Women struggling to bring up children.
Series producer Tim Pritchard
Executive producer Ian Rumsey (S) (HD)

5.00 Dogs Make You Laugh Out Loud 3
Canine-themed clips from the internet.
Series producer Tim Clifford; Executive producer Ben Rigden Shown last Friday (S) (HD)

6.00 *New.* Now That's Funny!
Animals behaving badly, lucky beginners, and a bickering couple taking a dangerous drive down a steep mountain.
Series producers RJ Haynes and Bob Kennedy (S) (HD)

6.55 5 News (S) (HD)

7.00 *New.* Test Cricket
Day five of the Third Test between England and Pakistan at Edgbaston. (S) (HD)

8.00 Toddlers Make You Laugh Out Loud
Clips of youngsters doing bizarre things.
Series producers Tim Clifford and Leon Kay; Executive producer Ben Rigden (S) (HD)

8.55 5 News (S) (HD)

9.00 *New.* Celebrity Big Brother
The ups and downs of life in the house.
Rptd tomorrow 12.15pm C5; 2pm/5pm 5 Star (S) (HD)

10.00 Bankrupt and Broke: When Celebs Go Bust
A look at what happens when the good life comes to an abrupt end.
Director Jill Cumberbatch
Executive producer Bridget Boseley (S) (HD)

11.30 Body Freaks: Old Face, New Face
Featuring a Kim Kardashian superfan.
Series producers Michelle Horton and Jo Molloy; Exec producer Andra Heritage Shown last Thu (S) (HD)

12.30am Lip Sync Battle First shown on Spike (S) (HD) **12.55 *New.*** SuperCasino **3.10** Now That's Funny!: featuring dancing animals (S) (HD) **4.00** World's Most Pampered Pets (S) (SL) (HD) **4.45–5.40am** Wildlife SOS (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
Channel 5 +24 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p57 and **Discover TV** p44

ITV2 [6]

The Hobbit: an Unexpected Journey *6.45pm* Bilbo has to leave the Shire

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Totally Bonkers Guinness World Records (S) (SL) **6.50** Emmerdale (S) (SL) (HD) **9.55** Coronation Street: omnibus (S) (SL) (AD) (HD)
12.20pm Take Me Out (S) (HD) **1.20** Funniest Ever You've Been Framed! Gold (S) **2.20** You've Been Framed! Gold (S) **2.50 FILM** Mr Bean's Holiday ★★★ Comedy with Rowan Atkinson (S) (AD) (W) (HD) **4.40 FILM** The Smurfs ★★ Part-animated comedy adventure starring Neil Patrick Harris (S) (AD) (W) (HD)

6.45pm The Hobbit: an Unexpected Journey ★★★
The first part of the fantasy adventure trilogy based on the book by JRR Tolkien. Encouraged by the wizard Gandalf, Bilbo Baggins leaves the comfort of his home in the Shire to join a band of dwarves in their quest to reclaim the Kingdom of Erebor from the dragon Smaug. **Review p37.**

Gandalf the Grey	**Ian McKellen**
Bilbo Baggins	**Martin Freeman**
Thorin Oakenshield	**Richard Armitage**
Bofur	**James Nesbitt**
Gollum	**Andy Serkis**
Galadriel	**Cate Blanchett**
Frodo	**Elijah Wood**
Necromancer	**Benedict Cumberbatch**

Director Peter Jackson (2012, 12) (S) (AD) (W) (HD)

10.00 Family Guy
Series 14. Chris is named as homecoming king, but Meg learns that the cool kids plan to play a prank on him. Shown last Monday
10.30 *Series 9.* Chris wants to start a new hobby and befriends a puppeteer.
11.00 Stewie worries his reputation as the toughest baby around is slipping. (S) (AD) (HD)

11.30 American Dad!
Series 10. Hayley discovers that Steve has a talent for forging IDs. (S) (AD) (HD)
11.55 Stan lets out a demon who punishes children at Christmas. (S) (AD) (HD)
12.25am Bordertown (S) (AD) (HD) **12.55** The Cleveland Show (S) (AD) (HD) **1.50** Totally Bonkers Guinness World Records (S) (SL) **2.15** Shopping **5.45–6.00am** Nightscreen (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

ITV3 [10]

Royal Stories *8.30pm* A look at King George VI's rise to the throne

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Rising Damp (S) **6.25** Wycliffe (S) (HD) **7.20** Heartbeat (S) (AD) **9.25** Inspector Morse (S) (HD) **11.40** A Touch of Frost (S) (HD)
1.55pm Goodbye Mr Chips (S) (AD) **4.00 FILM** Carry On Up the Jungle ★★★ Comedy starring Frankie Howerd (S) (AD)

5.55pm Doc Martin
3/6 Series 1. When a stomach bug sweeps through Portwenn, the doctor suspects the local water supply is to blame. (S) (AD)
7.00 *4/6.* Louisa tries to help one of her pupils and Mark seeks romantic advice, while Martin encounters a delusional park ranger with an imaginary friend. (S) (AD)

8.00 *New.* Royal Stories
7/10. Examining the relationship between Edward VIII and Wallis Simpson, and how it forced the king to give up his crown in favour of his brother. (S) (HD)
8.30 *New.* *6/10.* The abdication of Edward VIII and the rise to the throne of George VI, who struggled with ill health and a speech impediment during a reign dominated by the Second World War. (S) (HD)

9.00 Million Dollar Princesses
1/3. Elizabeth McGovern looks at the young American heiresses whose real-life stories inspired *Downton Abbey*. She begins with the families commonly called "nouveau riche". Snubbed by New York's old-money families, these ambitious new millionaires, along with their daughters, set their sights on England. (S) (HD)

10.00 The Booze Cruise III
The gang return for a third adventure, this time tagging along on a trip to scatter Grace's mother's ashes on the Yorkshire Moors. Dave has business to do in Leeds, while Rob tries to avoid visiting Jackie's parents. Maurice hopes his friends will make the weekend enjoyable. (S) (AD)
12.05am Wire in the Blood (S) **2.55** May the Best House Win (S) (SL) (HD) **4.40** Rising Damp (S) **5.30–6.00am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

Drama [20]

Silent Witness *9.00pm* Nikki is distracted by a family bereavement

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am Lovejoy (S) **8.00** The Bill (S)
12 noon Catherine Cookson's The Dwelling Place (S) **3.00pm** Brush Strokes

5.00pm Porridge
Fletcher's bid to find a little peace and quiet seems destined to fail.
5.40 Fletch is entrusted with a treasure map while sharing a ward with Blanco.
6.20 Godber takes up boxing. (S)

7.00 Murdoch Mysteries
8/13 Series 5. **Stroll on the Wild Side**
2/2. Having saved Anna from the Black Hand assassin, Murdoch meets Falcone and makes a deal to ensure her safety. Back at the tavern, an attractive woman offers him information, but when he arrives at the agreed rendezvous, he finds her lifeless body. (S)

8.00 The Doctor Blake Mysteries
8/10 Series 1. **Game of Champions.** When a contestant on a popular TV game show is electrocuted in his dressing room, Blake suspects foul play. Both Superintendent Lawson and the programme's sponsor believe the victim's opponent is the culprit, but Blake is convinced this conclusion has been reached through prejudice. (S)

9.00 Silent Witness
5&6/8 Series 9. **The Meaning of Death**
The team pursues a serial killer with a grisly desire to look at his victims' faces as they die, and the trail leads into the world of academic philosophy. However, Nikki is distracted from the case by the death of her grandmother, while Harry investigates the demise of a woman who apparently drowned in three inches of water. (S) (AD)

11.30 Catherine Cookson's The Dwelling Place
Feature-length adaptation of the novel, telling the tale of a 16-year-old struggling to keep her brothers and sisters out of the workhouse with the help of a carpenter. (S)
2.35–4.00am RT CHOICE The Forsyte Saga: starring Damian Lewis. **See page 57.**

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.10am Trawlermen (S) (AD) **8.00** Top Gear (S) (AD) (HD) **11.00** Soapbox Race (HD)
12 noon Motorway Cops (S) **1.00pm** Traffic Cops (HD) **2.20** American Pickers: Crazy Car Finds (S) (HD) **3.20** American Pickers: double bill (S) (HD) **5.20** Top Gear (S) (AD) (HD)
6.20pm Top Gear Patagonia Special
The presenters take a gruelling trip to the world's southernmost city. (S) (AD) (HD)
9.00 Have I Got a Bit More News for You
Extended edition, hosted by Michael Sheen, with Jon Richardson and Ruth Davidson. (S) (HD)
10.00 *New.* Suits *4/16 Series 6.* Mike is presented with a deal that could see his sentence slashed. (S) (HD)
11.00 RT CHOICE *New.* Parks and Recreation *4/13 Series 7.* The gang locks Leslie and Ron in the old Parks Department office overnight. **See page 57.** (S) (HD)
11.30 Caribbean Premier League Twenty20 Cricket St Kitts and Nevis Patriots v St Lucia Zouks. (HD)
3.30am Eight out of Ten Cats: hosted by Jimmy Carr (S) (HD) **4.20–5.00am** QI (S)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am Hat-Trick Heroes (HD) **6.15** Highway Patrol **6.35** British Touring Cars (HD) **8.00** Pawn Stars (S) (HD) **8.55** The Motorbike Show (S) (HD) **9.55 FILM** Captain Newman, MD ★★★ Comedy drama (S) (W) (HD)
12.30pm FILM Dunkirk ★★★ War drama (BW) (S) (W) (HD) **3.15 FILM** Nevada Smith ★★★ Western (S) (W) **5.55** Mr Bean (AD) (HD)
7.00pm Pawn Stars A document signed by Founding Father John Hancock. (S) (HD)
7.30 A Civil War cavalry jacket. (S) (HD)
8.00 FILM Cannonball Run II ★ Action comedy sequel with Burt Reynolds. Another group of eccentric enthusiasts engages in an automobile race across America. (S) (AD) (W) (HD)
10.15 FILM Raw Deal ★★★ Action thriller starring Arnold Schwarzenegger as Mark Kaminski, a small-town sheriff who was forced out of the FBI for excessive violence. Now the bureau wants him back to help apprehend a Chicago gangster. (S) (AD) (W) (HD)
12.25am FILM Nighthawks ★★★ Action thriller starring Sylvester Stallone (S) (AD) (W) (HD) **2.25** Nitro Circus (HD) **2.45–3.00am** Nightscreen (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Million Dollar Listing (HD) **10.00** The Bachelorette: the series finale (S)
12 noon The Real Housewives of New York City (S) **5.00pm *New.*** Don't Be Tardy for the Wedding: Kim plans Brielle's birthday (S) (HD) **5.25** The Only Way Is Essex (S) (HD)
7.00pm Dinner Date A man from Southampton looks for love. (S) (HD)
8.00 Be Beautiful Lyndsey Harrison demonstrates eye make-up. (S) (HD)
8.10 *New.* The Bachelorette: after the Final Rose Andi discusses the final two bachelors and her decision. Last in series. (S)
9.00 *New.* The Real Housewives of Atlanta Kandi and Phaedra address the cracks in their relationship. (S) (HD)
10.00 *New.* The Only Way Is Essex Reality programme, with each episode filmed just a few days before transmission. (S) (HD)
10.50 Elliott Wright: Playa in Marbella Elliott falls out with the marketing manager. (S) (HD)
11.50 The Jeremy Kyle Show USA The host takes his successful show stateside. (S)
12.45am Shopping **5.50–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

Step Up *4.30pm* Tyler (Channing Tatum) helps Nora (Jenna Dewan)

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 HD **Virgin** 145

6.00am The Mindy Project (S) (HD) **6.40** Baby Daddy (S) (HD) **7.35** How I Met Your Mother (S) (AD) (HD) **8.30** Made in Chelsea: South of France (S) (AD) (HD) **9.30** Hollyoaks: omnibus edition. Cast pp79/99 (S) (AD) (HD)
12 noon Coach Trip: Road to Ibiza (S) (AD) (HD) **2.35pm** The Goldbergs (S) (AD) (HD)
4.30 FILM Step Up ★★ Romantic dance drama starring Channing Tatum (S) (W) (HD)

6.35pm The Big Bang Theory
1/17 *Series 1.* When Leonard is smitten with neighbour Penny, Sheldon believes he is chasing an improbable dream.
7.00 ***21/24*** *Series 8.* Raj is asked to create a message on the off-chance a Nasa mission discovers alien life.
7.30 ***22/24.*** Howard questions his abilities when he fails to get a toy drone to fly, while Raj pits his parents against each other.
8.00 ***23/24.*** There is a clash of personalities when Sheldon and Leonard's mothers meet, while Howard decides to do his fair share of the housework.
8.30 ***24/24.*** Sheldon presses Leonard and Penny to choose a date for their wedding, while he also has to deal with changes in his relationship with Amy.
9.00 ***6/24*** *Series 9.* Leonard and Sheldon go to great lengths to secure helium during a nationwide shortage.
9.30 ***7/24.*** Sheldon is interviewed for a *Star Trek* documentary by star of the show Wil Wheaton. (S) (AD) (HD)

10.00 Tattoo Fixers on Holiday
2/8 *Series 3.* The Mediterranean pop-up parlour gets a visit from club rep Jamiee, whose boob job gets a lift. (S) (AD) (HD)

11.00 Rich Kids of Instagram
Heiress Lana and sister Stephanie have a meeting lined up with TV executives about their own reality show. (S) (AD) (HD)
12 midnight Gogglebox (S) (SL) (HD) **1.05am** Containment (S) (AD) (HD) **2.05** Rude Tube (S) (HD) **3.00** 2 Broke Girls (S) (AD) (HD)
3.40–6.00am Hollyoaks (S) (SL) (AD) (HD)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 HD **F'view** 110

9.00am Couples Come Dine with Me (S) (HD)
10.00 Double Your House for Half the Money (S) (AD) (HD) **11.00** Come Dine with Me (S) (HD)
12 noon Double Your House for Half the Money (S) (AD) (HD) **1.00pm** A Place in the Sun: Summer Sun (S) (HD) **5.00** Ramsay's Kitchen Nightmares USA: in Atlanta (S)
6.00pm Location, Location, Location
Jo faces an emotional house-hunt. (S) (HD)
7.00 Child Genius: the Final ***4/4*** *Series 4*
Hosted by Richard Osman. (S) (AD) (HD)
8.00 The Three Day Nanny ***Ep 2*** *Series 3*
A house where chaos rules. (S) (HD)
9.00 Eight out of Ten Cats Does Countdown With guests Henning Wehn, Victoria Coren Mitchell and Tom Allen. (S) (HD)
10.00 Ramsay's Hotel Hell ***Ep 2*** *Series 3*
Gordon is in Pennsylvania. (S) (AD) (HD)
11.00 999: What's Your Emergency?
Ep 5 *Series 3.* Regular 999 callers. (S) (HD)
12 midnight The Job Interview (S) (AD) (HD) **1.00am** Eden (S) (AD) (HD) **1.55** A Granny's Guide to the Modern World (S) (AD) (HD) **2.20** Peep Show (S) (AD) (HD) **2.45** Cleopatra's Lost Tomb (S) (AD) (HD) **3.40** Superfoods: the Real Story (S) (AD) (HD) **4.05–5.05am** Double Your House for Half the Money (S) (AD) (HD)

More4 14

Micky Flanagan: Back in the Game
10.05pm Comic tales of middle age

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 HD **Virgin** 203

8.55am River Cottage Bites (S) (HD) **9.25** Jamie's 15-Minute Meals (S) (AD) (HD) **9.50** Craft: I Made This (S) (AD) (HD) **10.55** Selling Houses with Amanda Lamb (S) (HD) **11.55** Come Dine with Me: in Gloucestershire (S) (HD)
2.40pm Four in a Bed: B&Bs in Gloucestershire, Trowbridge, Dorset and south Wales (S) (HD)

5.20pm Come Dine with Me
An ambitious Spanish menu and boisterous behaviour feature in Leicester. (S) (HD)

8.00 Amazing Spaces Shed of the Year
Ep 2 *Series 3.* George Clarke and his fellow judges look at contenders in the eco and unexpected categories. (S) (AD) (HD)

9.00 Father Ted
3/8 *Series 3.* Dougal takes over as Craggy Island's new milkman. (S) (AD) (HD)
9.35 ***4/8.*** Dougal and Ted visit the mainland and meet actor Richard Wilson. (S) (AD) (HD)

10.05 Micky Flanagan: Back in the Game
The cockney comic performs to his home crowd at London's Hackney Empire. (S) (HD)

11.10 Eight out of Ten Cats Does Countdown
Bill Bailey and Josh Widdicombe guest. (S) (HD)
12.15am 24 Hours in A&E (S) (AD) (HD) **1.20** Amazing Spaces Shed of the Year (S) (AD) (HD) **2.25–3.30am** as 11.10pm

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Catch a Contractor **9.25** The Mentalist (S) **10.25** Diagnosis Murder (S) **12.25pm** Columbo: Death Lends a Hand (S) **2.00** Columbo: A Friend in Deed (S) **4.00 FILM** Columbo: Ransom for a Dead Man ★★★ (S) (AD)
6.00pm NCIS: New Orleans ***4&5/24*** *Series 2*
8.00 NCIS: Los Angeles ***7/24*** *Series 3*
A man is accused of rape and murder (S)
9.00 CSI: Crime Scene Investigation ***15/18*** *Series 15.* A caped vigilante is killed while trying to protect a homeless man (S) (AD)
10.00 CSI: NY ***3&4/22*** *Series 7* (S) (AD)
12 midnight CSI: NY (S) (AD) **12.55am** CSI: Miami (S) (AD) **1.55** CSI: NY (S) (AD) **2.50** Law & Order
3.35–4.00am True Crimes: the First 72 Hours

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.25** That '70s Show (S) **9.10** 8 Simple Rules (S) **4.00pm** Celebrity Big Brother **5.00** The Secret Life of Kittens: following cats from birth to 12 months old (S)
6.00pm The Secret Life of Puppies: the puppies join their human families (S) **7.00** Can't Pay? We'll Take It Away!: a family with dubious immigration status finds itself homeless (S) **8.00** On Benefits: Too Fat to Work: the lives of people who rely on benefits, beginning with those who are obese (S) **9.00** Benefits: 26 Kids and Claiming: large families whose sole source of income is benefits (S) **10.00** ***New.*** Celebrity Big Brother's Bit on the Side: with Rylan Clark-Neal (S)
11.00 Tantastic: 50 Shades of Orange (S)
12 midnight Wentworth Prison: four back-to-back episodes (S) (AD) **3.50–4.00am** Access

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p64**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Chris Tarrant: Extreme Railways **8.00** The World at War (S) **9.00** as 7pm **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)
12 noon Chris Tarrant: Extreme Railways **1.00pm** as 6pm **2.00** as 7pm **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Chris Tarrant: Extreme Railways
6.00pm The World at War Examining the growing support for Britain in America. (S)
7.00 Monarchy by David Starkey
The Tudor and Stuart dynasties. (S) (AD)
8.00 Codebreaker Drama documentary about British codebreaker Alan Turing. (S) (AD)
9.40 RT **CHOICE Return to the Falklands**
Three servicemen go back to the islands they fought on in 1982. **See page 56.** (S) (AD)
11.15 Munich Air Disaster: I Was There
Former Manchester United goalkeeper Harry Gregg embarks on a personal journey.
12.05am Museum Secrets (S) **1.05** Great British Ghosts (S) **1.35** Cleopatra: Portrait of a Killer
2.35–3.00am Great British Ghosts (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Escape to the Country (AD) **11.00** Jamie's Summer Food Rave Up **12.30pm** Jamie's 30-Minute Meals **2.00** Extreme Makeover: Home Edition **5.40** DIY SOS: the Big Build: a former paratrooper's home
7.00pm My Dream Derelict Home: double bill (AD) **9.00** Fantasy Homes by the Sea (AD) **10.00** Celebrity Fantasy Homes (AD) **11.00** Extreme Makeover: Home Edition
1.00am My Dream Derelict Home (AD)
3.00–4.00am Celebrity Fantasy Homes (AD)

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** Bar Rescue **10.00** Catch a Contractor **11.00** Police Interceptors
1.00pm FILM Hotel Sahara ★★★ Comedy starring Yvonne De Carlo (BW) **2.50 FILM** Gunfight at Comanche Creek ★★ Western starring Audie Murphy **4.40 FILM** Escape to Victory ★★★ Second World War drama with Sylvester Stallone, Michael Caine and Pele
7.00pm Police Interceptors: double bill. Two officers deal with a suspected gunman, and a crash ruptures a gas main **9.00 FILM** Gran Torino ★★★ Drama starring Clint Eastwood, Bee Vang. **Review page 40 11.20** The X-Files ***3/20*** *Series 5.* In a flashback to 1989, the Lone Gunmen meet for the first time
12.20am The X-Files **2.20** Criminals: Caught on Camera (AD) **2.55–3.00am** Access

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am McBride: It's Murder, Madam **8.00** Touched by an Angel **1.00pm FILM** James Dean ★★ **3.00** Son of the Morning Star
7.00pm M*A*S*H **9.00** The Wipers Times: feature-length factual drama about two First World War soldiers who find a printing press and create a satirical newspaper **11.00** The Eichmann Show: fact-based drama about the televising of the 1961 trial of Adolf Eichmann
1.00–3.00am FILM Storm and Sorrow ★★★

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am FILM Meteorites! ★ **9.50** Horror Highlights **10.00** The Lost World **3.00pm FILM** MonsterWolf ★★ **4.50 FILM** The Man Who Haunted Himself ★★★ Thriller
6.40pm FILM At the Earth's Core ★★ Sci-fi adventure starring Doug McClure **8.30** Tales from the Darkside **9.00 FILM** Dracula – Prince of Darkness ★★★★ Horror
10.50 FILM Sawney: Flesh of Man ★★
12.45am FILM The Devil's Tomb ★★ Action horror **2.35 FILM** Perfect Creature ★★★ Action horror **4.20–4.30am** Horror Highlights

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am The Best of Nothing to Declare **7.00** Motorway Patrol (AD) **9.00** Obese: a Year to Save My Life USA **11.00** It's Me or the Dog **12 noon** Wild Vets **1.00pm** Animal Saints and Sinners (AD) **2.00** Monkey Life: 12 back-to-back editions (AD)
8.00 To Catch a Smuggler: JFK Airport: the work of customs officers **9.00** Stop, Search, Seize (AD) **10.00** Police Force: Australia: double bill (AD) **11.00** Police 10/7: double bill
12 midnight Gold Coast Cops **1.00am** Alaska State Troopers **2.00** Australia's Deadliest Attacks **3.00** Hard Time **4.00–6.00am** Highway Patrol

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** The Sheriffs Are Coming **9.00** Homes under the Hammer **11.00** DIY SOS: the Big Build **1.00pm** Escape to the Country **3.00** Fantasy Homes by the Sea: triple bill (AD)
6.00pm Countryside 999 **7.00** Pound Shop Wars: double bill **8.00** The Sheriffs Are Coming **9.00** Embarrassing Bodies **10.00** One Born Every Minute **11.00** Babies: Special Delivery
12 midnight Most Haunted: Oak House, near West Bromwich **1.00am** The Other Side **2.00** Home Shopping **4.00–6.00am** The Clothes Show

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am Robson Green's Australian Adventure **12.00** The Loch Ness Monster Revealed
1.00pm Colossal Squid **2.00** Man-Eating Super Croc **3.00** Man-Eating Super Snake **4.00** John Lydon's Mega Bugs
6.00pm Wheeler Dealers **7.00 LIVE** RallyCross: the seventh round, from Canada **9.00** Salvage Hunters (AD) **10.00** I Am Johnny Cash: profile
12 midnight Forensic Detectives **1.00am** Jack the Ripper in America **2.00** Disappeared **3.00** Tommy Walsh's Space Invaders **4.00** Build, Buy or Restore? (AD) **5.00–6.00am** A Racing Car Is Born

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Blockbusters **8.00** Catchphrase (AD) **9.00** Wheel of Fortune **10.00** Takeshi's Castle (AD) **11.00** Ninja Warrior **12 noon** Pointless
3.00pm The Chase: four editions of the quiz show hosted by Bradley Walsh **7.00** Gladiators: four contestants take on the muscled warriors in a series of challenges **8.00** American Ninja Warrior **9.00** TNA Wrestling **11.00** The Chase
12 midnight Pointless: quiz show **3.00am** Gladiators: combat game show **4.00** American Ninja Warrior **5.00–6.00am** Catchphrase

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

8.30am Tomorrow's World **9.00** Star Trek: Deep Space Nine **2.00pm** The High Chaparral: double bill **4.00** Dr Quinn: Medicine Woman: double bill
6.00pm FILM Walker, Texas Ranger: Trial by Fire ★★ Action thriller starring Chuck Norris
8.00 CSI: Crime Scene Investigation: the CSIs investigate the disappearance of an entire family
9.00 NCIS: five back-to-back episodes
1.50am Nash Bridges: Nash is set up
2.50–6.00am CSI: Crime Scene Investigation

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

7.30am The Key of David **9.00** Matlock **2.00pm** The Streets of San Francisco: five episodes
7.00pm Judge Judy **10.00** Unsolved Mysteries: double bill. The cases of a haunted ranch in Texas and two teenage boys who tortured and murdered four people, then a murderous police chief is finally convicted and two young friends are wanted criminals **11.00** Unsolved Mysteries
12 midnight–5.00am Cheaters

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

7.35am Ireland 1916 **8.20** Briefings **9.40** English Votes **11.20** Briefings **11.50** Highlights **12 noon** America **1.00pm** Washington Journal **3.00** Speaker's House **3.50** Briefings **4.30** Review **5.30** PMQs **6.10** EU Referendum **7.30** BOOKtalk **7.50** Speaker's House **8.35** Fires **9.55** Welsh Assembly **11.45** BOOKtalk **12.10am** Scottish Questions **1.00** BBC White Paper **2.25** NI Assembly **3.10** Speaker's House **3.50** Briefings **5.30–7.30am** Commons

Gardening Spice up your borders, says Joe Swift Your RT P142

SUNDAY Satellite & cable

Zoo *9.00pm* Oz and the team infiltrate a black tie party

Cold Case *6.00pm* Rush helps an autistic witness

Blindspot *9.00pm* Jane and Weller head towards danger

Beauty and the Beast *8.00pm* The newlywed Cat

A Private Function *9.10pm* Alan Bennett's comedy

Sky1

Sky 106 **Virgin** 110 **HD** **Virgin** 109

6.00am Hour of Power (HD) **7.00** Monkey Life (S) (AD) **8.30** Futurama (S) (HD) **11.00** Wrestling (HD) **12 noon** Ghostbusters Special (S) **12.30pm** Star Trek Beyond: Special (S) **1.00** Don't Tell the Bride (HD) **2.00** Four Weddings (S) (AD) (HD) **3.00** Battle of the Brides (S) (HD) **4.00** Modern Family (S) (HD)

6.00pm The Simpsons Apu's wife Manjula kicks him out. **6.30** Blood-curdling tales. **7.00** Homer is asked to help the Rolling Stones at a benefit gig. **7.30** Lisa is thrilled to learn she has been moved up a grade. (S) (HD)

8.00 The Last Ship *4/13 Series 3* Slattery learns more about the supposed virus mutation. (S) (HD)

9.00 ***New.*** **Zoo** *4/13 Series 2* The team goes under cover at a black-tie event in Vancouver. (S) (HD)

10.00 Ross Kemp: Extreme World In Rio de Janeiro. (S) (HD)

11.00 Stop, Search, Seize The work of Ireland's border force. (HD) **12 midnight** The Force: Manchester (S) (HD) **1.00am** Road Wars (S) (AD) (HD) **2.00** Stop, Search, Seize (AD) (HD) **3.00** Nothing to Declare (S) (AD) **4.00** Border Security: Canada's Front Line (S) (HD) **5.00–6.00am** Gordonstoun: a Different Class (S) (HD)

Sky1 +1 **Sky** 130

Sky Atlantic

Sky 108

6.00am The Guest Wing (S) (AD) (HD) **7.00** Networks of Power with Sir Christopher Meyer (S) (HD) **8.00** The West Wing (S) (HD) **1.00pm** Micro Monsters with David Attenborough (S) (HD) **2.00** Without a Trace (S) (HD)

6.00pm Cold Case *5/24 Series 4* The case of an autistic boy's murdered parents is reopened. **7.00** *6/24.* Rush learns that a DJ who supposedly committed suicide in 1958 was murdered. **8.00** *7/24.* New evidence found near the location of a woman's murder in 1979 prompts Jeffries to reopen the case. (S) (HD)

9.00 Ray Donovan *5/12 Series 4* Ray takes a road trip with Mickey to Primm, hoping to recover money stolen from a casino owner. (S) (HD)

10.00 Band of Brothers *3/10* Easy Company is sent to take the town of Carentan. (S) (HD) **11.20** *4/10.* A group of inexperienced paratroopers joins Easy Company. (S) (HD)

12.40am FILM Maria Full of Grace ★★★ Crime drama starring Catalina Sandino Moreno. Spanish, English +subtitles (S) (W) (HD) **2.35** The Sopranos (S) (HD) **3.40** Veep (S) (HD) **4.15** The Guest Wing (S) (AD) (HD) **5.10–6.00am** Networks of Power with Sir Christopher Meyer (S) (HD)

Sky Atlantic +1 **Sky** 170

Sky Living

Sky 107 **Virgin** 112 **HD** **Virgin** 111

6.00am My Kitchen Rules: Australia (S) (HD) **8.30** ***New.*** Sportswomen (HD) **9.00** Nothing to Declare (S) (AD) **10.30** Border Security: Canada's Front Line (S) (HD) **12 noon** Best of Nothing to Declare (S) **1.00pm** Bones (S) (AD) (HD) **3.00** Million Dollar Listing: Miami (S) (HD) **4.00** Nothing to Declare UK

6.00pm The Biggest Loser USA Weight-loss challenge. (HD)

7.00 Who'd Be a Billionaire *3/6* A look at the range of staff employed by the super-rich. (S) (HD)

8.00 Criminal Minds *2/22 Series 11.* An attack on a bus kills many innnocent people. Can the team prevent a repeat attack from being carried out? (S) (HD)

9.00 Blindspot *4/23.* A tattoo leads the FBI to a plot with potentially catastrophic consequences. (S) (AD) (HD)

10.00 Criminal Minds *8/24 Series 9.* Morgan investigates a mass murder at a diner. (S) (HD) **11.00** *9/24.* An entire family become murder suspects. (S) (HD)

12 midnight Elementary (S) (AD) (HD) **1.00am** Madam Secretary (S) (HD) **2.00** Grey's Anatomy: double bill (S) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 **Sky** 122 **Virgin** 140

W

Sky 109 **Virgin** 125 **BT** 311 **HD** **Virgin** 191 **BT** 383

6.05am Passport Patrol **8.00** EastEnders (S) (AD) (HD) **10.25** My Dream Home (S) (HD) **2.30pm** Doctor Who (S) (AD) (HD)

6.40pm Outnumbered Ben decides to re-create an assault on Everest using the stairs. (S) (AD) **7.20** The Brockmans have to make some tough decisions about work, video games and who to take to a family funeral. (S) (AD) (HD)

8.00 ***New.*** **Beauty and the Beast** *3/13 Series 4.* Cat and Vincent grapple with overcoming the danger lurking around them while attempting to be normal newlyweds, but soon find their future happiness jeopardised. (HD)

9.00 Sherlock *2/3 Series 1* Holmes and Watson delve into the graffiti subculture of London when a mysterious symbol begins appearing on walls around the city – causing the first person who sees it to die hours later. (S) (AD) (HD)

11.00 Who Do You Think You Are? BBC world affairs editor John Simpson follows the trail of his great-grandmother. (S) (AD) (HD) **12 midnight** Traffic Cops (S) **1.00am** Being Human USA (S) (HD) **1.50** Atlantis (HD) **2.45–3.00am** Dynamo: Magician Impossible

W +1 **Sky** 213 **Virgin** 131

Gold

Sky 110 **Virgin** 124 **BT** 310

7.00am 'Allo 'Allo! (S) **8.50** Creature Comforts **9.00** Only Fools and Horses (S) (AD) **3.00pm** Last of the Summer Wine (S) (AD)

6.25pm Last of the Summer Wine Howard concocts a plan to allay Pearl's suspicions. **7.10** Smiler decides to become a lollipop man – but he doesn't start on good terms with the locals. **7.50** Foggy shows off his orienteering skills. **8.30** The friends are offered the chance to become wealthy. (S) (AD)

9.10 A Private Function ★★★★ Comedy written by Alan Bennett, starring Michael Palin and Maggie Smith. In a postwar Yorkshire town, three pillars of the community defy food rationing by secretly fattening a pig for a civic dinner. **Review p37.**

11.00 Monty Python's Best Bits (Mostly) The comedy troupe's most popular sketches. (S) (AD)

11.40 Monty Python: Parrot Sketch Not Included Presented by Steve Martin. **1.15am** Monty Python's Best Bits (S) (AD) **2.00** The Young Ones: double bill (S) **3.30–4.00** That Mitchell and Webb Look **5.35–5.45am** Creature Comforts

Gold +1 **Sky** 166 **Virgin** 190

Sky Arts

Sky 121 **Virgin** 122 **HD** **Virgin** 206

6.00am Dmitri Shostakovich: a Man of Many Faces (S) **7.15** Shostakovich Symphonies (S) (HD) **7.55** Alison Balsom: the Trumpet's Splendour (S) (HD) **8.55** National Trust: National Treasures (S) (AD) (HD) **10.10** Drew: the Man behind the Poster (S) (HD) **12 noon** Dean Martin: a Legend in Concert (S) **1.00pm** The Seventies (S) (AD) (HD) **2.00** Queen – the Magic Years (S) **3.15** André Rieu: My African Dream (S) (HD) **5.00** Master of Photography (S) (HD)

6.00pm Soundbreaking A look at the emergence and influence of the music video. (HD)

7.00 Guitar Star *8/9 Series 2.* The three finalists are revealed before they head to the Latitude festival to play in the Alcove tent. (S) (HD)

8.00 Trailblazers: Heavy Metal Experts explore the development of heavy metal music, from Black Sabbath and Led Zeppelin to Metallica and Motley Crue. (HD)

9.00 ***New.*** **Cambridge Folk Festival** *2/2.* Further highlights from the event at Cherry Hinton Hall, where performers included Imelda May, Christy Moore, Gogol Bordello, Kate Rusby and Afro Celt Sound System. (HD)

11.00 CSNY/Déjà Vu ★★★★ Music documentary with Stephen Stills. (S) (W) (HD)

12.50am Neil Young: a MusiCares Tribute: a 2010 concert (S) (HD) **2.10** Isabel (S) (HD) **5.00–6.00am** First Love (S) (AD) (HD)

Universal

Sky 113 **Virgin** 137 **BT** 320

6.00am Royal Pains (S) (HD) **7.00** Home Shopping **8.00** Sea Patrol (S) (AD) (HD) **9.00** NCIS (S) (HD)

6.00pm NCIS *8/19 Series 5* The agents are called to the scene of a double murder where a rear admiral and his driver have been shot in an execution-style slaying. **7.00** *9/19.* The agents stumble upon a nine-year-old kidnap case with links to a missing father and a corrupt policeman. **8.00** *10/19.* A heroic marine suffering from post-traumatic stress disorder escapes from a secure naval medical centre and goes on the rampage. (S) (HD)

9.00 ***New.*** **Motive** *4/13 Series 4* An ex-con's body is found, suspiciously unbloodied, near a struggling nightclub, and as Flynn investigates, she realises that the murder may be linked to the venue's troubles. (S) (HD)

10.00 Law & Order: Special Victims Unit *21/23 Series 16* The daughter of a man convicted for rape seeks to change the testimony she gave and bring about her father's release. (S) (HD) **11.00** *22/23.* A boy is snatched from his school, and when Amaro examines surveillance footage of the incident, it becomes clear the child knew his kidnapper. (S) (HD) **12 midnight** Law & Order: Special Victims Unit (S) (HD) **4.00–6.00am** Sea Patrol (S) (AD) (HD)

Universal +1 **Sky** 150 **Virgin** 138

Sky2

Sky 129 **Virgin** 121

6.00am Stop, Search, Seize (AD) **9.00** A Town Called Eureka (S) **2.00pm** Stargate SG-1: five back-to-back episodes (S) **7.00** Supergirl: Kara's attempts to protect National City fail to go to plan (S) **8.00** DC's Legends of Tomorrow: the team heads to 1975 in pursuit of Savage (S) (AD) **9.00** 50 Ways to Kill Your Mammy: presenter Baz Ashmawy and his mother Nancy travel to Morocco (S) (AD) **10.00** Mount Pleasant: Lisa and Dan play peace-makers following Robbie's revelations (S) (AD) **11.00** Ascension (S) (AD) **12 midnight** Zoo (S) **1.00am** The Last Ship (S) **2.00** Border Security USA (S) (AD) **3.00** Road Wars (S) **5.00–6.00am** Motorway Patrol (S) (AD)

Syfy

Sky 114 **Virgin** 135 **BT** 319 **HD** **Virgin** 165 **BT** 375

6.00am Quantum Leap **8.00** Home Shopping **11.00 FILM** Sleeping Beauty ★★ **12.50pm FILM** LA Apocalypse ★★ **2.40 FILM** Earthfall ★★ **4.30** The Captains Close Up **5.00 FILM** Star Trek V: the Final Frontier ★★★ **7.10pm FILM** Lavalantula ★★ Giant lava-spewing spiders erupt from the bowels of the Earth **9.00 FILM** X-Men ★★★ Super-powered mutants do battle **11.10 FILM** Sharknado 4: the 4th Awakens ★★ **1.10am FILM** Ice Sharks ★ **3.00** Fact or Faked: Paranormal Files **4.00–6.00am FILM** 2012: Ice Age ★★

Syfy +1 **Sky** 194 **Virgin** 136

TLC

Sky 125 **Virgin** 167 **BT** 323 **HD** **Virgin** 168 **BT** 377

6.00am Cake Boss (HD) **10.00** Extreme Couponing (HD) **1.00pm** Cake Boss: eight editions (HD) **5.00** Whitney: Fat Girl Dancing (HD) **6.00pm** My Giant Life (HD) **7.00** ***New.*** My Four Wives: the Browns' holiday descends into arguments (HD) **8.00** Say Yes to the Dress Canada: double bill (HD) **9.00** Gypsy Brides US (HD) **10.00** ***New.*** Return to Amish: catching up with the people featured in the show (HD) **11.00** Undressed (HD) **12 midnight** Say Yes to the Dress Canada: double bill (HD) **1.00am** Gypsy Brides US (HD) **2.00** Return to Amish (HD) **3.00** Extreme Couponing (HD) **4.00–6.00am** Cake Boss (HD)

TLC +1 **Sky** 154 **Virgin** 169

Lifetime

Sky 156 **Virgin** 208 **BT** 329 **HD** **Virgin** 209 **BT** 384

6.00am Judge Judy (HD) **9.00** Hardcore Pawn (HD) **12 noon** Don't Tell the Bride (HD) **3.00pm** Don't Tell the Bride: Greatest Moments (HD) **4.00** Don't Tell the Bride (HD) **6.00pm** Little Women: NY (HD) **7.00** Project Runway: a look inspired by the 1970s (HD) **8.00** Child Genius US (HD) **9.00** Hoarders (HD) **10.00** The Jail: 60 Days In (HD) **11.00** Little Women: NY (HD) **12 midnight** Neighbours with Benefits: Tony wants to get closer to Quinn (HD) **1.00am** Hoarders (HD) **2.00** The Jail: 60 Days In (HD) **3.00** Don't Tell the Bride: double bill (HD) **5.00–6.00am** Storage Wars: triple bill (HD)

Lifetime +1 **Sky** 197

Comedy Central

Sky 112 **Virgin** 132 **BT** 307 **HD** **Virgin** 181 **BT** 370

8.00am The Middle (S) (HD) **9.00** Friends (S) (HD) **12 noon** The Middle (S) (HD) **1.00pm** Friends (S) (HD) **2.00** Impractical Jokers (S) (HD) **4.00** Friends (S) (AD) (HD) **9.00** Live at the Apollo: Romesh Ranganathan hosts, with guests Jason Byrne and Stewart Francis (HD) **10.00** Michael McIntyre's Showtime: stand-up comedy performed at the O_2 in London during his ten-night run in 2012 (S) (HD) **11.00** Impractical Jokers (S) (HD) **12 midnight** Live at the Apollo (HD) **1.00am** South Park: four episodes (S) (HD) **3.00** Idiotsitter (S) (HD) **3.25** Workaholics (S) (HD) **3.50–5.00am** Two and a Half Men: triple bill (S) (HD)

Comedy Central +1 **Sky** 127 **Virgin** 133

Sony Channel

Sky 157 **Virgin** 193 **BT** 331

7.00am Ghost Hunters **9.00** Saving Hope **2.00pm FILM** Mona Lisa Smile ★★★ **4.25 FILM** Stepmom ★★★★ Drama starring Julia Roberts and Susan Sarandon **7.00pm FILM** Street Fighter ★ **9.00 FILM** The Numbers Station ★★ Thriller starring John Cusack and Malin Akerman **10.50 FILM** Primal Fear ★★★★ Thriller starring Richard Gere and featuring Edward Norton. An altar boy is accused of killing an archbishop **1.30am** Satisfaction: Neil and Grace try to intercept Anika **2.35** Ghost Hunters International **3.30–4.00am** Will & Grace

Sony TV +1 **Sky** 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

Vera *8.00pm* Stanhope looks into a family man's death

ITV Encore

Sky 123

6.00am Upstairs, Downstairs (S) **8.55** The Chief: the Force traces a journalist **10.00** The Darling Buds of May: Pop faces hostility from the villagers (S) (HD) **11.05** Heartbeat **1.30pm** Micawber: the impoverished gent gets thrown into prison **2.35** Kingdom (S) (AD) **4.40** Agatha Christie's Poirot (S) (HD)

7.00pm The Durrells *4/6.* Leslie is accused of armed robbery, and Captain Creech returns. (S) (AD) (HD)

Louisa Durrell	**Keeley Hawes**
Countess Mavrodaki	**Leslie Caron**
Larry Durrell	**Josh O'Connor**
Leslie Durrell	**Callum Woodhouse**
Captain Creech	**James Cosmo**

8.00 Vera *4/4 Series 5.* A dock worker falls to his death from a multi-storey car park. (S) (AD) (HD)

10.00 Scott & Bailey *7/8 Series 4* A body on the moors leads to a sinister discovery. (S) (AD) (HD) **11.00** *8/8.* Gill's reputation is under the microscope after a slavery ring is uncovered. (S) (AD) (HD)

12.05am The Americans: Paige sees her mother in a new light (S) (AD) (HD) **1.00** Jordskott: Eva makes a miscalculation that places lives in jeopardy (HD) **2.10** Broadchurch: time starts to run out for Hardy (S) (AD) (HD) **3.00** Peak Practice **5.50–6.00am** Movies Now

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am The FBI Files: Movie of the Week **10.05** The Americans on D-Day **11.15** The Americans on Hell's Highway **12.30pm** The Americans in the Bulge **2.30** The FBI Files: Movie of the Week

6.45pm The Americans on D-Day Historian Ellwood von Seibold commemorates the 70th anniversary of the D-Day landings by taking a tour of Normandy.

7.55 The Americans on Hell's Highway The development of Operation Market Garden, an ambitious mission that might have ended the Second World War a year early if it had succeeded.

9.10 The Americans in the Bulge Reflecting on a key Second World War campaign to foil the Nazis' plans to encircle and destroy Allied armies in 1944. The programme includes vignettes of individual bravery, illustrated with archive footage, re-enactments and CGI.

11.05 The FBI Files: Movie of the Week How the hunt for a Florida serial killer in 1974 led to an investigation that sparked a massive manhunt before John Knowles was brought to justice. **1.10am** The crimes of James DeBardeleben II, who was initially arrested for forgery, but was then revealed to be a serial rapist.

2.55 The Americans on D-Day **3.55** The Americans on Hell's Highway **5.00–6.00am** The Americans on D-Day

Rizzoli & Isles *6.00pm* The duo tackle a grisly case

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Lie to Me (S) (HD) **8.00** Murdoch Mysteries (S) (HD) **10.00** Rizzoli & Isles (S) (AD) (HD)

6.00pm Rizzoli & Isles *14/18 Series 5.* Body parts are washed up on shore and the squad is called in to identify the victim and track down the murderer. (S) (AD) (HD) **7.00** *15/18.* The unit teams up with a private investigator when a successful fashion designer is found poisoned. (S) (AD) (HD)

8.00 Father Brown *9/10 Series 2* A death on a farm is blamed on a Kembleford doctor through a series of poison pen letters. (S) (AD) (HD)

9.00 New Tricks *9/10 Series 12* When a blood-stained bust is found in a cemetery, the find seems to be connected to the murder of an alternative medicine practitioner, who was bludgeoned to death seven years earlier. (S) (AD) (HD)

10.20 Father Brown As 8pm.

11.20 Ripper Street *3/8 Series 1* A sudden cholera outbreak causes the team to suspect deliberate contamination. (S) (AD) (HD) **12.40am** *4/8.* A slum clearance reveals an almost indecipherable murder scene. (S) (AD) (HD)

2.00–3.40am Rizzoli & Isles: double bill (S) (AD) (HD)

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Aircraft Stories **8.00** Battlefield (AD) **10.00** Hitler: Germany's Fatal Attraction **11.00** How We Got Here **12 noon** Mysteries of Asia **1.00pm** Mystery of the Lost Catacombs **2.00** Time Team **3.00** Mystery of the Mary Celeste **4.00** Battlefield (AD)

6.00pm Wartime Secrets with Harry Harris The presenter examines Hitler's plans to conquer Britain, and the secret army trained to thwart any invasion.

7.00 Time Team The team investigates a Cotswolds field where pieces of mosaic dug up by moles indicate a link between the site and an important Roman villa discovered 200 years previously.

8.00 Time Team Digs Tony Robinson reviews what the team has learned about the modern age over ten years of digs.

9.00 Special Forces' Secrets An insight into the US Army Rangers' operations.

10.00 The Rise of the Nazi Party Hitler's attempts to cling to power become desperate as the war begins to turn against Nazi Germany.

11.00 Wartime Secrets with Harry Harris As 6pm.

12 midnight Battlefield (AD) **2.00am** Special Forces' Secrets **3.00** Nazi Death Ray **4.00** Hitler: Germany's Fatal Attraction **5.00–6.00am** How We Got Here

Discovery History +1 Sky 536 Virgin 263

Someone Knows My Name *9.00pm* Planning an escape

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Cops (HD) **9.00** NCIS (S) (AD) (HD) **2.00pm** The Closer: four back-to-back episodes (S) (HD)

6.00pm The Closer *4/15 Series 3* Brenda and the team face a race against time to find a missing eight-year-old girl. (S) (HD)

7.00 NCIS *6/24 Series 13* A petty officer is murdered and the crime matches a serial killer's *modus operandi*. (S) (AD) (HD) **8.00** *7/24.* Ducky is forced to reveal he has been helping to solve crimes in his spare time. (S) (AD) (HD)

9.00 ***New.*** **Someone Knows My Name** *4/6.* Aminata continues to seek an opportunity to change her cruel fate. (S) (HD)

10.00 Family Guy *Series 13.* Brian becomes an estate agent after having cosmetic surgery. (S) (HD) **10.30** *Series 10.* Brian dates a blind girl, but is unimpressed by her dislike of dogs. (S) (HD)

11.00 American Dad! *Series 12* Hayley regresses to her six-year-old self. (S) (HD) **11.30** *Series 10.* Stan loses his job in a round of budget cuts. (S) (HD)

12 midnight Family Guy (S) **1.00am** American Dad! (S) (HD) **2.00** Family Guy (S) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **2.00pm** Car Hunters (HD) **3.00** Storage Wars Miami (HD) **4.00** Storage Wars (HD) **5.00** Pawn Stars (HD) **6.00pm** Smartest Guy in the Room: double bill. A paper aeroplane engineering challenge, then a self-propelling boat is built using simple materials (HD) **7.00** Mountain Men: documentary following men living in the wilderness (HD) **8.00** Pawn Stars (HD) **9.00** Battle of Kings: Bannockburn: drama-documentary about the medieval battle (HD) **11.00** Storage Wars (HD) **12 midnight** Battle of Kings: Bannockburn (HD) **2.00am** Storage Wars (HD) **3.00–5.00am** Pawn Stars (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Animal Cops Houston (AD) (HD) **3.00pm** Treetop Cat Rescue (HD) **4.00** Snake Sheila (HD) **5.00** Insane Pools: off the Deep End (HD) **6.00pm** Treehouse Masters (HD) **7.00** Tanked (HD) **8.00** Shark Alley: Legend of Dynamite (HD) **9.00** River Monsters (HD) **10.00** Insane Pools: off the Deep End (HD) **11.00** Animal Cops Houston (HD) **1.00am** Shark Alley: Legend of Dynamite (HD) **2.00** River Monsters: deadly creatures in Fiji (HD) **3.00** Insane Pools: off the Deep End (HD) **3.50** Alaska: the Last Frontier (HD) **4.40** Whale Wars (AD) (HD) **5.30–6.00am** Snow Leopards of Leafy London (HD)

Animal Planet +1 Sky 549 Virgin 258

Sonic Sea *7.30pm* Paul Spong on the sounds of the ocean

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Fast 'n' Loud (AD) (HD) **9.00** Insane Pools: off the Deep End (HD) **11.00** Gold Rush (HD) **3.00pm** Marooned with Ed Stafford (AD) (HD) **4.00** Aircrash Confidential (HD) **5.00** Idris Elba: No Limits (HD)

6.00pm What Could Possibly Go Wrong? Kevin Moore and Grant Reynolds test their home-made hydrofoil. (HD)

7.00 How It's Made: Top Five Countdowns The five most popular products on the show. (HD)

7.30 ***New.*** **Sonic Sea** The impact of underwater noise caused by human activity on whales, sharks and dolphins. (HD)

9.00 ***New.*** **Yukon Men** While a fire forces the villagers to modify traditional techniques, one couple find frontier life more challenging than they expected. (HD)

10.00 ***New.*** **Dual Survival** Joe and Matt take on the dense and unforgiving jungle of Belize. (HD)

11.00 Fast 'n' Loud Richard buys a 1967 Corvette Stingray. (HD)

12 midnight Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners: Tickle devises a bold but risky plan (AD) (HD) **3.00** Yukon Men (HD) **3.50** Dual Survival (HD) **4.40–6.00am** How It's Made

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Wicked Tuna: ten back-to-back editions (HD) **6.00pm** ***New.*** Wicked Tuna Reel Talk: captains and first mates answer a studio audience's questions (HD) **7.00** ***New.*** Lawless Island: Mary takes Amanda on her first deer hunt, which proves an eye-opening experience (HD) **8.00** Britain's Underworld: four editions. Glasgow's infamous crime bosses **9.00** The life of Liverpool's Curtis "Cocky" Warren **10.00** The crime bosses who terrorised Manchester **11.00** British criminals who fled to the Costa del Sol in Spain (HD) **12 midnight** Britain's Underworld (HD) **2.00–5.00am** Supercars (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am World's Wildest City: Manaus: a chance to see the series studying the animal life of Manaus, Brazil (HD) **3.30pm** World's Wildest City: Manaus: another chance to see the whole series, including: **8.05** Exploring unusual animals, from rodents and birds, to the white-faced saki **8.35** Looking at the smallest animals living in Manaus **9.05** Animals and fish that live along the waterways **9.35** The wildlife experts that respond to call-outs from across the area (HD) **10.05** World's Wildest City: Manaus: another chance to see the series (HD) **4.15–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p60

5.40am Angels of Jarm **5.50** Roary **6.00** Peppa Pig **6.05** Toby's Travelling Circus **6.15** Angelina Ballerina **6.30** Bob the Builder **6.40** Wanda and the Alien **6.50** Zack and Quack **7.05** Pets **7.10** Noddy in Toyland **7.20** Paw Patrol **7.35** Little Princess **7.50** Pip Ahoy! **8.10** Blaze and the Monster Machines **8.35** Ben and Holly: King Thistle competes with the elves to build a rocket. **8.50** Shimmer and Shine **9.15** Jelly Jamm **9.30–9.55am** LazyTown

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am Waybuloo **6.10** Big Barn Farm **6.25** Mr Bloom: Here and There **6.35** Raa Raa the Noisy Lion **6.50** Postman Pat **7.05** Q Pootle 5 **7.15** Dinopaws **7.25** Hey Duggee **7.35** Boj **7.45** Chuggington **7.55** Kate & Mim-Mim **8.05** Octonauts **8.20** Mike the Knight **8.30** Peter Rabbit **8.45** Rastamouse **8.55** Sarah & Duck **9.00** Something Special **9.20** Hey Duggee **9.30** Timmy's Seaside Rescue **9.55** Topsy and Tim: double bill **10.15** Jamillah and Aladdin **10.35** Tree Fu Tom **11.00** ***New.*** Swashbuckle: Cook and Line compete **11.25** Gigglebiz **11.40** Kerwhizz **12 noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Grandpa in My Pocket **12.45** Melody **1.00** My Story **1.15** Messy Goes to Okido **1.25** Charlie and Lola **1.40** Let's Play **2.00** Something Special **2.20** Hey Duggee **2.30** Our Family **2.40** Footy Pups **2.55** Topsy and Tim: double bill **3.15** Jamillah and Aladdin **3.30** Tree Fu Tom **3.55** Dipdap **4.00** Justin's House **4.25** Andy's Wild Adventures **4.40** Kerwhizz **5.00** Swashbuckle **5.25** The Let's Go Club **5.45** Salty's Waggy Tales **5.55** Small Potatoes **6.00** Clangers **6.10** The Adventures of Abney & Teal **6.20** In the Night Garden… **6.50–7.00pm** CBeebies Bedtime Story: *Tortoise v Hare: the Rematch* read by Anna Maxwell Martin

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.35** Strange Hill High **8.00** CineMinis: a Cinemaniacs Short **8.15** Horrible Histories: Gory Games Play Along **8.45** ***New.*** Nine Minute Ninja; Zig and Zag Zogcasts **9.00** Blue Peter **9.30** ***New.*** Ultimate Brain: scientific challenges **10.00** Newsround **10.05** Matilda and the Ramsay Bunch **10.25** The Next Step **10.50** Lost & Found Music Studios **11.10** Taking the Next Step **11.40** Our School **12.10pm** Newsround **12.15** The Dengineers **12.45** Operation Ouch! **1.15** Horrible Histories: Awesome Alfred the Great Special **1.40** Newsround **1.50** 12 Again: Sports Day Special **2.20** My Life: Teenage Ice Trekker **2.45** How to Be Epic @ Everything **3.00** Taking the Next Step **4.55** Bottersnikes & Gumbles **5.50** Shrek: the Pig Who Cried Werewolf **6.00pm** Copycats: presented by Sam Nixon and Mark Rhodes **6.30** Ultimate Brain **7.00** Hetty Feather **7.30** Eve **8.00** Deadly 60 **8.25–9.00pm** My Life: Teenage Ice Trekker

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Fort Boyard Ultimate Challenge **6.25** Pat & Stan **6.35** Dino Dan **6.55** Signed Stories: Share a Story **7.00** Sooty **7.15** Super 4 **7.35** Thunderbirds Are Go **8.00** Ninjago: Rise of the Snakes **8.25** Almost Naked Animals **11.55** City Shorts **12 noon** Max Steel **12.30pm** Deadtime Stories **12.55** Oddbods **1.00** My Phone Genie **1.30** Fort Boyard Ultimate Challenge **2.30** My Parents Are Aliens **3.00** Horrid Henry **4.05** What's New Scooby-Doo? **5.20** Oddbods **5.30** Almost Naked Animals **6.00pm** Max Steel **6.25** Oddbods **6.30** Deadtime Stories **7.00** Horrid Henry **7.30** My Phone Genie **8.00** Fort Boyard Ultimate Challenge **8.55–9.00pm** Signed Stories: Share a Story

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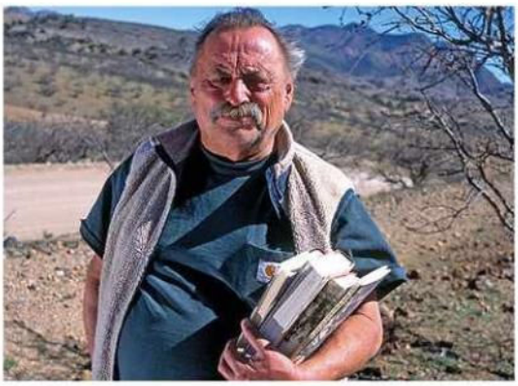

It's who you know...

Legends of the Fall ★★★★
6.25pm ***Movie Mix*** FREEVIEW

Jim Harrison's 1979 book *Legends of the Fall* is actually three novellas, two of which (*Legends of the Fall*, review p37, and *Revenge*) are now films. But the book wouldn't have seen the light of day without a loan of $15,000 from Jack Nicholson, which allowed Harrison (who died in March) to continue writing. Fifteen years later, he wrote the script (with Wesley Strick) to Nicholson's *Wolf*. **SUE ROBINSON**

Tonight's premiere

P The Perfect Guy ★★★ *10.00pm* ***Sky Premiere***

Sanaa Lathan is the 30-something woman whose ticking biological clock has caused the break-up of her latest relationship. So when dreamboat Michael Ealy appears in her life, he seems too good to be true. Borrowing judiciously from Hitchcock, things shift from romance to home-invasion thriller ,with Lathan making a likeable heroine and Ealy switching smoothly from charmer to psychopath. **TREVOR JOHNSTON**

Tough act to follow

Mary Poppins ★★★★★
8.00pm ***Sky Disney***

With sequel *Mary Poppins Returns* due in 2018, you have to admire the chutzpah of director Rob Marshall and star Emily Blunt for taking on this beloved classic. Disney's timeless, magical original won five Oscars from its 13 nominations. Over to you, Rob. **TONY PETERS**

FREEVIEW

Film4 15

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 **HD Virgin** 429

11.00am St Trinian's ★★★ Comedy. Rupert Everett, Colin Firth, Gemma Arterton (2007, 12) (S) **1.00pm The Core ★★★** Spectacular set pieces elevate this modern take on *Journey to the Center of the Earth*. Aaron Eckhart (2002, 12) (S) (AD)

3.50pm P The Tale of the Princess Kaguya ★★★ Delicate animated fantasy. **Review p37.** Chloë Grace Moretz (2013, U)

6.40 Mission: Impossible 2 ★★★★ John Woo's thrilling sequel sees super-agent Tom Cruise attempting to retrieve and destroy a deadly virus. (1999, 15) (S)

9.00 Die Hard 2 ★★★★ Bruce Willis dons the white singlet again for this explosive action thriller sequel in which terrorists take over a snowbound Washington airport. Bonnie Bedelia (1990, 18) (S) (AD)

11.20pm Zero Dark Thirty ★★★★ Well-paced action thriller that charts the hunt for Osama Bin Laden. Jessica Chastain (2012, 15) (S) (AD) **2.25–4.00am Apartment 143 ★★** Horror. Kai Lennox (2011, 15) (S)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix 32

Freeview 32

9.00am Dr Who and the Daleks ★★★ Sci-fi adventure. Peter Cushing, Roy Castle (1965, U) **10.45 Silverado ★★★★** Western. Kevin Kline, Scott Glenn (1985, PG) **1.30pm Les Misérables ★★** Period epic. Liam Neeson, Geoffrey Rush, Uma Thurman (1997, 12) **4.15 One Fine Day ★★★** Warm-hearted if underwritten romantic comedy. Michelle Pfeiffer, George Clooney, Mae Whitman (1996, PG)

6.25pm Legends of the Fall ★★★★ Epic period drama in which a family's life on a remote ranch is unbalanced by the arrival of a beautiful woman. **Review, p37; Choice, left.** Brad Pitt, Anthony Hopkins (1994, 15)

9.00 Battle of the Damned ★★ Low-budget sci-fi yarn. Dolph Lundgren (2013, 15)

10.50 Random Hearts ★★★ Thoughtful romantic drama in which a cop and a politician are drawn together when they learn their late partners were having an affair. Harrison Ford, Kristin Scott Thomas (1999, 15)

1.35am The Numbers Station ★★ By-the-numbers thriller. John Cusack, Malin Akerman (2013, 15) **3.25** Movie News **3.35 Fools Rush In ★★★** Romantic comedy. Matthew Perry, Salma Hayek (1997, 12) **5.45–6.00am** Movie News

Movies4Men 48

Freeview 48 **Freesat** 304 **Sky** 325

6.00am Machine Gun Kelly ★★★ Crime drama. Charles Bronson (1958, 12) **7.40 The Sword of El Cid ★★** Historical adventure. (1963, U) **9.20 The Commandos Strike at Dawn ★★** War drama. Paul Muni, Anna Lee, Lillian Gish (1942) **11.25 Passchendaele ★** First World War drama. Paul Gross (2007, 15) **1.35pm Dragonfly Squadron ★★** War drama. (1954, U)

3.20pm Steel Tempest ★★ Portrayal of war from the point of view of the Germans. Simon Kirke (2000, 15)

5.05 One Minute to Zero ★★ A couple's romance comes under strain during the Korean War. Robert Mitchum (1952)

7.15 Bomb at 10:10 ★★ Adventure about an American pilot who sets out to destroy a PoW camp. George Montgomery (1967)

9.00 Normandy: the Last Rescue ★★ American soldiers take a German officer hostage. Brett Cullen, Cody Kasch, Ryan Merriman (2015, 15)

11.10pm Codename Wildgeese ★★ Action adventure. Lewis Collins, Lee Van Cleef, Ernest Borgnine (1984, 15) **1.10am Commando Leopard ★★** Action drama. Lewis Collins, Klaus Kinski (1985, 15) **3.15–4.00am** The Hawker Hurricane

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 **HD Virgin** 431

6.00am Burnt As 11.45pm **7.45 Go with Me ★★** Thriller. Julia Stiles, Alexander Ludwig, Anthony Hopkins (2015, 15) **9.30 Minions** As 4.30pm **11.05 The Good Dinosaur** As 6.15pm **12.40pm P The Perfect Guy** As 10pm **2.25** As 8pm **4.30 Minions ★★★** Animated comedy. Sandra Bullock (2015, U)

6.15pm The Good Dinosaur ★★★★ Stunning animation. **Choice, p54.** Raymond Ochoa (2015, PG)

8.00 The Man from UNCLE ★★ Frantic reboot of the 60s TV show. Henry Cavill, Armie Hammer, Hugh Grant (2015, 12)

10.00 P The Perfect Guy ★★★ Effective mix of romance with home-invasion thriller. **Choice, left.** Sanaa Lathan, Michael Ealy, Morris Chestnut (2015, 15)

11.45 Burnt ★★ Wry comedy drama. Bradley Cooper, Sienna Miller (2015, 15)

1.30am Hyena Road ★★ War drama. Rossif Sutherland, Paul Gross (2015, 15) **3.35 Narcopolis ★** Sci-fi thriller. Elliot Cowan (2014, 15) **5.20** The Top Ten Show **5.40** The Top Ten Show

Premiere +1 **Sky** 302 **Virgin** 402

Spies

Sky 304 **Virgin** 404 **BT** 508 **HD Virgin** 434

6.00am As 3.05pm **7.35** As 4.45pm **9.20** As 6.30pm **10.50 Get Smart ★★** Action comedy. Steve Carell (2008, 12) **12.50pm** As 10.05pm **3.05 SPYkids ★★★★** Action adventure. Antonio Banderas (2001, U) **4.45 SPYkids 2: the Island of Lost Dreams ★★★★** Action adventure. Antonio Banderas (2002, U)

6.30pm SPYkids 3: Game Over ★★ Visually impressive second sequel. Antonio Banderas, Carla Gugino, Sylvester Stallone, Alexa Vega (2003, U)

8.00 Ronin ★★★★ Crisp, no-nonsense action thriller. Robert De Niro, Jean Reno, Natascha McElhone (1998, 15)

10.05 Mission: Impossible – Rogue Nation ★★★★ Sleek, well-oiled action yarn that's a fast and furious delight. Tom Cruise, Jeremy Renner, Simon Pegg (2015, 12)

12.35am Get Smart As 10.50am **2.35 The Rock ★★★★** Action thriller. Sean Connery, Nicolas Cage (1996, 15) **5.00** Mad Max: Fury Road Special **5.20** The Top Ten Show **5.40** Avengers: Age of Ultron Special

Comedy

Sky 308 **Virgin** 408 **BT** 506 **HD Virgin** 438

7.10am The Waterboy ★★★ Comedy. (1998, 12) **8.50 The Simpsons Movie ★★★★** Comedy. (2007, PG) **10.30** The Top Ten Show **10.45** As 10pm **12.40pm "Crocodile" Dundee ★★★★** Comedy. Paul Hogan (1986, 15) **2.25 "Crocodile" Dundee II ★★★** Comedy. Paul Hogan (1988, PG)

4.25pm Crocodile Dundee in Los Angeles ★ Comedy adventure. Paul Hogan (2001, PG)

6.10 The Wedding Ringer ★★ Situation comedy with a touch of "bromance". Kevin Hart, Josh Gad (2015, 15)

8.00 Wedding Crashers ★★ Enjoyable if lengthy comedy. Owen Wilson, Vince Vaughn, Christopher Walken (2005, 15)

10.00 Entourage ★★★ Fan-friendly feature-length spin-off. Adrian Grenier, Jeremy Piven (2015, 15)

12 midnight The Simpsons Movie As 8.50am **1.35am In Her Shoes ★★★★** Comedy drama. Cameron Diaz (2005, 12) **3.50 Playing It Cool ★★** Romantic comedy. Chris Evans (2014, 15) **5.30** Pitch Perfect 2 Special

Hits

Sky 303 **Virgin** 403 **BT** 504 **HD Virgin** 433

6.35am The Nut Job ★★ Animation. Will Arnett (2014, U) **8.05** Ghostbusters: Special **8.35** As 4.30pm **10.20 Home** As 6.15pm **12.05pm Horrible Bosses 2 ★★★** Comedy. Jason Bateman, Jason Sudeikis (2014, 15) **2.05** The Top Ten Show **2.20 Crimson Peak** As 8pm

4.30pm Penguins of Madagascar ★★★ Frantic but fun animation. John Malkovich (2014, U)

6.15 Home ★★★ Entertaining animated adventure. Rihanna, Jim Parsons, Steve Martin, Jennifer Lopez (2014, U)

8.00 Crimson Peak ★★ Sumptuous gothic horror. Mia Wasikowska, Jessica Chastain, Tom Hiddleston (2015, 15)

10.00 Fifty Shades of Grey ★★ Erotic soap opera. Dakota Johnson, Jamie Dornan, Jennifer Ehle (2015, 18)

12.10am The Green Mile ★★★ Fantasy prison drama. Tom Hanks, Michael Clarke Duncan (1999, 18) **3.20 Horrible Bosses 2** As 12.05pm **5.20 Book of Life ★★★★** Animated comedy. Diego Luna, Zoë Saldana, Channing Tatum (2014, U)

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 **HD Virgin** 437

6.00am Twister ★★★ Action adventure. Bill Paxton, Helen Hunt, Cary Elwes (1996, PG) **7.55** As 6.30pm **10.25** As 9pm **12.50pm** As 11.25pm **3.00 Rocky V ★★** Boxing drama. Sylvester Stallone, Talia Shire (1990, PG) **4.45 Rocky Balboa ★★★** Surprisingly watchable drama. Sylvester Stallone (2006, 12)

6.30pm The Da Vinci Code ★★★ Enjoyable adaptation of Dan Brown's bestseller. Tom Hanks, Audrey Tautou, Ian McKellen, Alfred Molina (2006, 12)

9.00 Avengers: Age of Ultron ★★★★ Explosive and compelling sequel. Robert Downey Jr, Chris Hemsworth, Mark Ruffalo, Chris Evans, Scarlett Johansson (2015, 12)

11.25 Sherlock Holmes ★★★★ Robert Downey Jr is charismatic in this rip-roaring mystery thriller. Jude Law, Rachel McAdams (2009, 12)

1.35am Armageddon ★★★ Thrilling sci-fi action adventure. Bruce Willis, Billy Bob Thornton, Ben Affleck (1998, 15) **4.10 Rocky V** As 3pm

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 **HD Virgin** 439

6.00am Dirty Harry As 2.55pm **7.50 Assassin ★★** Thriller. Danny Dyer (2015, 15) **9.20** As 4.40pm **11.35 Along Came a Spider ★★★** Thriller. Morgan Freeman (2001, 15) **1.20pm Pawn ★★** Crime thriller. Michael Chiklis (2013, 15) **2.55 Dirty Harry ★★★★★** Crime thriller. Clint Eastwood (1971, 18)

4.40pm The Equalizer ★★★ Slick re-imagining of the 1980s TV show. Denzel Washington (2014, 15)

6.55 Lethal Weapon 3 ★★★ Successful third entry in the action franchise. Mel Gibson, Danny Glover (1992, 15)

9.00 Shaft ★★★★ Tough homage to the 1970s blaxploitation icon. Samuel L Jackson, Vanessa Williams (2000, 18)

10.45 Kiss the Girls ★★★ Atmospheric thriller. Morgan Freeman, Ashley Judd, Cary Elwes, Alex McArthur (1997, 18)

12.45am Along Came a Spider As 11.35am **2.35 New Jack City ★★★★** Action drama. Wesley Snipes, Ice-T (1991, 18) **4.25 Angel Flight Down ★★** Drama. Patricia Kalember, David Charvet, Christopher Atkins (1996)

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See p21

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.00am Tinker Bell and the Great Fairy Rescue ★★★ Animated adventure. Mae Whitman (2010, U) **7.25** As 3.55pm **9.15 Cars** ★★★ Animated comedy. Owen Wilson, Paul Newman, Bonnie Hunt (2006, PG) **11.15 Cars 2** ★★★ Animated comedy. Owen Wilson, Michael Caine (2011, U) **1.05pm** Finding Pixar **1.35** As 8pm

3.55pm Cinderella ★★★★ Lavish live-action retelling of the classic fairy tale. Lily James, Cate Blanchett, Helena Bonham Carter (2015, U)

5.45 McFarland, USA ★★ Sports drama. Kevin Costner (2015, PG)

8.00 Mary Poppins ★★★★★ Enchanting musical. **Choice, left.** Julie Andrews, Dick Van Dyke (1964, U)

10.25 Robin Hood ★★★★ Delightful animated adventure. Phil Harris, Peter Ustinov, Terry-Thomas (1973, U)

11.55pm The Kid ★★★ Sentimental comedy. Bruce Willis, Spencer Breslin (2000, PG) **1.50am The Cat from Outer Space** ★★ Comedy. Ken Berry, Sandy Duncan, Roddy McDowall (1978, U) **3.45 McFarland, USA** As 5.45pm

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.00am Chitty Chitty Bang Bang ★★★★ Fantasy. (1968, U) **8.25** As 2.50pm **10.05** As 6.25pm **11.40 Monster House** ★★★★ Animation. (2006, PG) **1.15pm** As 8pm **2.50 The SpongeBob Movie: Sponge out of Water** ★★★★ Part-animated adventure. (2015, U) **4.30** As 11.10pm

6.25pm Kermit's Swamp Years ★★★ Lively Muppet prequel. Steve Whitmire, Bill Barretta, Dave Goelz (2002, U)

8.00 Cloudy with a Chance of Meatballs ★★★★ Clever animation. Bill Hader, Anna Faris (2009, U)

9.35 Robot Overlords ★★ Old-fashioned sci-fi adventure. Ben Kingsley, Gillian Anderson, Callan McAuliffe (2014, 12)

11.10 ET the Extra-Terrestrial ★★★★★ Classic sci-fi adventure. Henry Thomas, Dee Wallace, Drew Barrymore (1982, U)

1.05am Chitty Chitty Bang Bang As 6am **3.30 Robot Overlords** As 9.35pm **5.05 Monster House** As 11.40am

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

6.05am Ghostbusters: Special **6.35 East of Eden** ★★★★ Drama. James Dean (1955, PG) **8.35 The Bodyguard** ★★★ Thriller. Kevin Costner, Whitney Houston (1992, 15) **10.55** Ghostbusters: Special **11.25 Definitely, Maybe** ★★ Comedy. Ryan Reynolds, Elizabeth Banks, Rachel Weisz, Isla Fisher (2008, 12) **1.25pm** As 8pm

3.25pm Selma ★★★★ Sweeping historical drama. David Oyelowo, Tom Wilkinson, Carmen Ejogo (2014, 12)

5.40 Terms of Endearment ★★★★ Moving drama. Shirley MacLaine, Debra Winger, Jack Nicholson (1983, 15)

8.00 St Elmo's Fire ★★★ Glossy Brat Pack drama. Emilio Estevez, Rob Lowe, Demi Moore (1985, 15)

10.00 The Theory of Everything ★★★★ Cleverly constructed biopic. Eddie Redmayne, Felicity Jones (2015, 12)

12.10am Cruel Intentions ★★★ Drama. Sarah Michelle Gellar, Ryan Phillippe (1999, 15) **1.55 Beyond the Sea** ★★★ Musical drama. Kevin Spacey, Kate Bosworth (2004, 12) **4.00 Zorba the Greek** ★★★★ Drama. Anthony Quinn (1964, PG)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.00am Sunshine ★★★ Sci-fi thriller. Chris Evans, Cillian Murphy (2007, 15) **8.00 Self/Less** As 5.10pm **10.00 Predestination** As 7.15pm **11.45** The Top Ten Show **12 noon The Matrix** As 9pm **2.25pm Superman Returns** As 11.30pm **5.10 Self/Less** ★★ Sci-fi thriller. Ryan Reynolds (2015, 12)

7.15pm Predestination ★★★ Imaginative sci-fi thriller about a time traveller assigned to prevent a criminal attack. Ethan Hawke (2014, 15)

9.00 The Matrix ★★★★★ Spectacular sci-fi action thriller with ground-breaking special effects. Keanu Reeves, Carrie-Anne Moss (1999, 15)

11.30 Superman Returns ★★★★ Breathtaking and nostalgia-tinged comic-book blockbuster. Brandon Routh, Kevin Spacey, Kate Bosworth (2006, 12)

2.15am Sunshine As 6am **4.15 Project ALF** ★★ Amiable sci-fi comedy spin-off. Miguel Ferrer (1996)

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.00am The Hurricane ★★★★ Drama. Denzel Washington (1999, 15) **8.30 March of the Penguins** ★★★★ Documentary. Morgan Freeman (2005, U) **9.55 Insomnia** ★★★★ Thriller. Al Pacino (2002, 15) **12 noon** As 8pm **1.55pm Sunset Blvd** ★★★★★ Satirical drama. William Holden (1950, PG)

3.50pm Million Dollar Baby ★★★★★ Moving drama. Clint Eastwood, Hilary Swank, Morgan Freeman (2004, 12)

6.05 Whiplash ★★★★★ Electrifying drama. Miles Teller, JK Simmons, Paul Reiser, Melissa Benoist (2014, 15)

8.00 Me and Earl and the Dying Girl ★★★★ Quirky drama. Thomas Mann, Olivia Cooke (2015, 12)

10.00 Casino ★★★★ Powerful crime drama. Robert De Niro, Sharon Stone, Joe Pesci, James Woods, Don Rickles (1995, 18)

1.00am Theeb ★★★ Potent coming-of-age adventure. Jacir Eid (2014, 15) **2.55 Hang 'Em High** ★★★ Western. Clint Eastwood (1968, 18)

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

8.25am Canyon Raiders ★ Western. Whip Wilson (1951) **9.30 Many Rivers to Cross** ★★★ Comedy western. Robert Taylor (1955, U) **11.25 Barry Lyndon** ★★★★★ Period drama. Ryan O'Neal (1975, PG) **3.00pm The Searchers** ★★★★★ Classic western. John Wayne, Jeffrey Hunter (1956, U)

5.25pm Vengeance Valley ★★★ Absorbing psychological western. Burt Lancaster, Robert Walker (1951, PG)

7.05 The Plunderers ★★ Solid minor western. Rod Cameron (1948, U)

9.00 Jeremiah Johnson ★★★ Meditative western. Robert Redford (1972, PG)

11.00 Outbreak ★★★★ An army scientist tries to save the world from a lethal virus in this fast-paced thriller. Dustin Hoffman, Rene Russo, Morgan Freeman, Cuba Gooding Jr (1995, 15)

1.30am Conspiracy Theory with Jesse Ventura **3.20** Hollywood's Best Film Directors

TCM +1 Sky 318 Virgin 417

SPORT Choices

Community Shield Football *3.15pm* ***BT Sport 2***

Premier League champions Leicester City and FA Cup winners Manchester United contest the annual curtain-raiser at Wembley Stadium. There is much change in the United camp and the shy, retiring Zlatan Ibrahimovic will no doubt believe he can make all the difference for them in his last big-money hurrah in European club football. The Foxes have lost N'Golo Kanté, but most of the players who won the title appear to be staying. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold (AD) **6.30** Major League Soccer **8.30** The Sunday Supplement **10.00** Goals on Sunday **11.30 LIVE Football League** Queens Park Rangers v Leeds United at Loftus Road (kick-off **12.00**), a match from the first weekend of the Championship season. **2.00pm LIVE Scottish Football** Hearts v Celtic in the Premiership (kick-off **2.15**), from Tynecastle. **4.15 LIVE Football League** Sheffield Wednesday v Aston Villa (kick-off **4.30**), Championship action from Hillsborough. This is the first time the Villans have been in the second tier since 1988. **7.00 Goals on Sunday** **8.30 Football** Liverpool v Barcelona, International Champions Cup. **9.05 LIVE Major League Soccer** Portland Timbers v Sporting Kansas City (kick-off **9.08**), a Western Conference match. **11.15 Football Gold** **12.05am LIVE Major League Soccer** Orlando City SC v Seattle Sounders (kick-off **12.08**). **2.15** Football Gold **2.30 LIVE** Major League Soccer: Los Angeles Galaxy v New Red Bulls (kick-off **2.30**), inter-conference action **4.40** Football Gold **5.00–6.00am** Premier League Legends

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Cricket's Greatest (AD) **8.00** Test Cricket **10.00** Cricket Writers on TV **10.30 LIVE Test Cricket** The fifth and last day of the Third Test between England and Pakistan at Edgbaston. The final Test at the Oval begins on Thursday. **6.00pm** Cricket's Greatest (AD) **8.00** Test Cricket **10.00** Cricket's Greatest (AD) **11.00** Test Cricket **1.00am** Cricket's Greatest (AD) **2.00** Test Cricket **4.00–6.00am** Cricket's Greatest (AD)

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

7.00am Rugby Union **7.30 LIVE Australian Rules Football** Fremantle v West Coast Eagles in Perth (bounce-up **7.40**). **10.30** Angling **11.00** Rugby Union **11.30** Global Goals **11.45 LIVE Scottish Football** St Johnstone v Aberdeen in the Premiership (kick-off **12.15pm**). **2.30pm** Champions League Football **3.00** Last Week, This Week **3.15** Australian Rules Football **7.15** Last Week, This Week **7.30** Premier League World **8.00 LIVE Brazilian Football** Palmeiras v Vitoria (kick-off **8.00**). **10.00** Non-League Football **10.30** The U: documentary (AD) **12.30am** IndyCar **2.30** Non-League Football **3.00** Football **4.30–6.00am** Community Shield Football

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Darts Gold (AD) **7.00** Gaelic Football **11.30** Sporting Heroes **12.30pm LIVE Tenpin Bowling** The Weber Cup, Europe v USA, the first session on the final day at EventCity in Manchester. More at 6pm. **3.00 LIVE Hurling** Kilkenny v Waterford (throw-in **3.30**), an All-Ireland Senior Hurling Championship semi-final at Croke Park. **5.30 Darts Gold** **6.00 LIVE Tenpin Bowling** The final session of the Weber Cup match between Europe and USA at EventCity, Manchester. Europe are the defending champions. **10.00 Football** Liverpool v Barça. **10.30 Goals on Sunday**. **11.30 Hurling** Kilkenny v Waterford. **2.00am** Sporting Heroes **3.00** Time of Our Lives (AD) **4.00** Sporting Triumphs **5.00** Darts Gold (AD) **5.30–6.00am** Sporting Greats (AD)

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am PGA Tour Classic **7.00** European Tour Golf **8.00** PGA Tour Classic (AD) **9.00** European Tour Golf **10.00** Sporting Rivalries (AD) **10.30 LIVE European Tour Golf** Paul Lawrie Match Play, day four. **12.30pm** Sporting Rivalries (AD) **1.00** PGA Tour Classic **2.00 LIVE European Tour Golf** Paul Lawrie Match Play at Archerfield Links Golf Club in East Lothian. **6.00 LIVE US Tour Golf** The final day of the Travelers Championship. **11.00** European Tour Golf **12 midnight** PGA Tour Classic **1.00am** European Tour Golf **2.00** Wonderful World of Golf (AD) **3.00** European Tour Golf **4.30** Sporting Greats (AD) **5.00–6.00am** Sporting Rivalries (AD)

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.30am Champions League Classics **10.00** European Football Show **11.00** World Sport **11.30** Last Week, This Week **11.45** Sport in Focus **12.30pm LIVE Football** West Ham v Juventus (kick-off **1.00**), a friendly at the Olympic Stadium. *Also on BT Sport 4K UHD* **3.15 LIVE Community Shield Football** Premier League champions Leicester City and FA Cup winners Manchester United meet at Wembley (kick-off **4.00**). *Also on BT Sport 4K UHD* **6.30** Non-League Football **8.00** Football **9.30** UFC **12.30am** Judo **1.00** Non-League Football **1.30** Last Week, This Week **1.45** Australian Rules Football **5.45–6.00am** Last Week, This Week

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Players **9.00** Football: Liverpool v Barcelona **9.30** Wrestling **10.30** Football's Greatest Players **11.05** Spanish Football Gold (AD) **11.20 LIVE Dutch Football** FC Groningen v Feyenoord (kick-off **11.30**), a match from the opening weekend of the Eredivisie season. **1.30pm Football's Greatest Players** Andrés Iniesta. **2.00 LIVE Scottish Football** Hearts v Celtic in the Premiership (kick-off **2.15**), from Tynecastle. **4.30 Wrestling** WWE action. **7.30 Hurling** **10.00 Wrestling** WWE action. **2.00am** Football's Greatest Players **5.00–6.00am** Spanish Football Gold (AD)

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.30am Showjumping **8.30** Tennis **11.20** Cycling **11.50** Eurosport News **11.55** Going for Gold **12 noon LIVE Motocross** MX2 race one in the 15th round of the World Championship, from Frauenfeld, Switzerland; **1.00pm** MXGP race one. More at 3pm. **2.00** Motocross **3.00 LIVE Motocross** MX2 race two from Switzerland; **4.00** MXGP race two at Frauenfeld. **5.00** Motor Racing **5.40** Eurosport News **5.45** Going for Gold **6.00 LIVE Motor Racing** World Touring Cars, round eight from Termas de Rio Hondo, Argentina. **8.00** Rallycross **9.00** Rallying **9.30** News **9.35** Going for Gold **9.40** Cycling **12.10am** News **12.15** Motor Racing **1.15–1.20am** News

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am German Football **7.30** Non-League Football **9.00** Game of the Week **12 noon** German Football **1.30pm LIVE Rugby Sevens** Premiership Sevens finals day at the Ricoh Arena in Coventry, with eight teams playing in two pools of four, and the winners of each contesting the final. **7.00** Game of the Week **10.00** Community Shield Football **11.30** Scottish Football **1.00am** Football **2.30** Game of the Week **5.30–6.00am** Non-League Football

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

5.15am LIVE Test Cricket Sri Lanka v Australia. day four of the Second Test at Galle. More 8.10am. **7.30** British Superbikes **8.00** Watts **8.10 LIVE Test Cricket** **10.10** News **10.25** Going for Gold **10.30 LIVE Test Cricket** **12.30pm LIVE British Superbikes** Round seven, from Brands Hatch. **6.00** Tennis **8.00** British Superbikes **10.00** Motor Racing **11.00** British Superbikes **12 midnight** Speedway **12.30–5.15am** Eurosport News

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am Major League Baseball **12 noon** Boxing **2.00pm** Major League Baseball **6.30 LIVE Major League Baseball** Washington Nationals v San Francisco Giants (start **6.35**). **9.30** World Sport **10.00** Drag Racing: from Seattle **12 midnight LIVE Major League Baseball** Los Angeles Dodgers v Boston Red Sox (start time **12.10am**). **3.00am** IndyCar: the Indy Toronto **4.00–6.00am** Drag Racing

SHOW GIRLS
From left: Dawn (Sharon Rooney), Steph (Sophie Rundle) and Hellie (Chloe Pirrie)

A BRIEF HISTORY

Jacqueline Gold's life story – partly told in her 1995 autobiography *Good Vibrations*, which inspired *Brief Encounters* – is one of a rapid rise...

- **1993** Jacqueline Gold is appointed CEO, and the first female-friendly "pink concept" Ann Summers store opens in Queensway, London.
- **1998** Ann Summers receives international recognition when *Sex and the City* acknowledges the Rampant Rabbit's success.
- **2000** Ann Summers takes over lingerie brand Knickerbox.
- **2016** Gold is awarded a CBE.

PICK OF THE DAY Brief Encounters *9.00pm* ***ITV***

DRAMA The final episode of this noisy, cheerful ITV hit ends in a welter of female bonding and a groan-inducing Richard Curtis-type moment to the strains of Dire Straits's *Romeo and Juliet*. But surely no one watching *Brief Encounters* expects dynamic, path-forging drama. This is unashamedly by-the-numbers, which presumably is why it's struck a chord with viewers who want a bit of easy-going certainty in these volatile times.

Steph, now thoroughly empowered after dumping her charmless, cheating husband, plans a big, women-only sex-toys party at a local venue. As events tip even further towards *The Full Monty*, the women secure the services of a reluctant male to model the "willy warmers".

It's not all plain sailing, though. Friendships hit the rocks, breaking apart under the strain of guilt and recrimination. **ALISON GRAHAM**

Coronation Street

7.30pm, 8.30pm ***ITV***

SOAP Surely it's only a matter of time before Sally starts modelling herself on Theresa May? What's the betting her next trip to the Trafford Centre sees her return with a pair of leopard-print kitten heels? In fact, root around in some cupboards at the Rovers and I'm sure she'd find some of Bet Lynch's cast-offs...

Mind you, she's doing perfectly OK without the footwear, seeing as she's laying down the law to Phelan about the need for total transparency when it comes to his development project.

Elsewhere, boring bistro owner Robert faces a 12-month ban after failing a breathalyser test. Pity it's just from driving, and not from the show. **DAVID BROWN**

Wild France with Ray Mears

8.00pm ***ITV***

DOCUMENTARY Thank goodness Ray Mears is so patient. He has to wait hours for some creature to arrive in front of his camera lens, while we at home can see it in moments. In fact, even he is on the point of packing up his gear when he finally spots a majestic Bonelli's eagle perched high up on a cliff top.

Mears is in Provence, where the landscape and wildlife is so diverse he says it's like being "in three countries at once". With its glorious lavender fields, green scrubland, prehistoric animal tracks, ochre-tipped hills ("like meringue topped with strawberry cream") and wild boars, you can see what he means. **JANE RACKHAM**

Only Connect

8.30pm ***BBC2***

QUIZ We start a sticky, close match with a good Sean Connery joke as photography fans the Shutterbugs and London lovers the Highgates become locked in a tense, polite battle. When the hated music question is signalled by that one resounding note, the unfortunate team giggles. "Are you laughing with delight?" wonders host Victoria Coren Mitchell before brows furrow with concentration.

Devotees will be shocked by a couple of really stinking connecting walls before the tension becomes almost unbearable during the crucial missing vowels round. **AG**

SEE P147 Puzzles

Brexit: the Battle for Britain

9.00pm ***BBC2***

DOCUMENTARY On the afternoon of 23 June, polling day for the EU referendum, you could still get odds of 7/1 on a Leave win. Hours later, an early result came in, from Sunderland: its Leave vote was far more emphatic than expected. Sterling instantly lost three per cent of its value and, once the national result was confirmed, there was meltdown, and David Cameron resigned by breakfast time. How did it happen? What now?

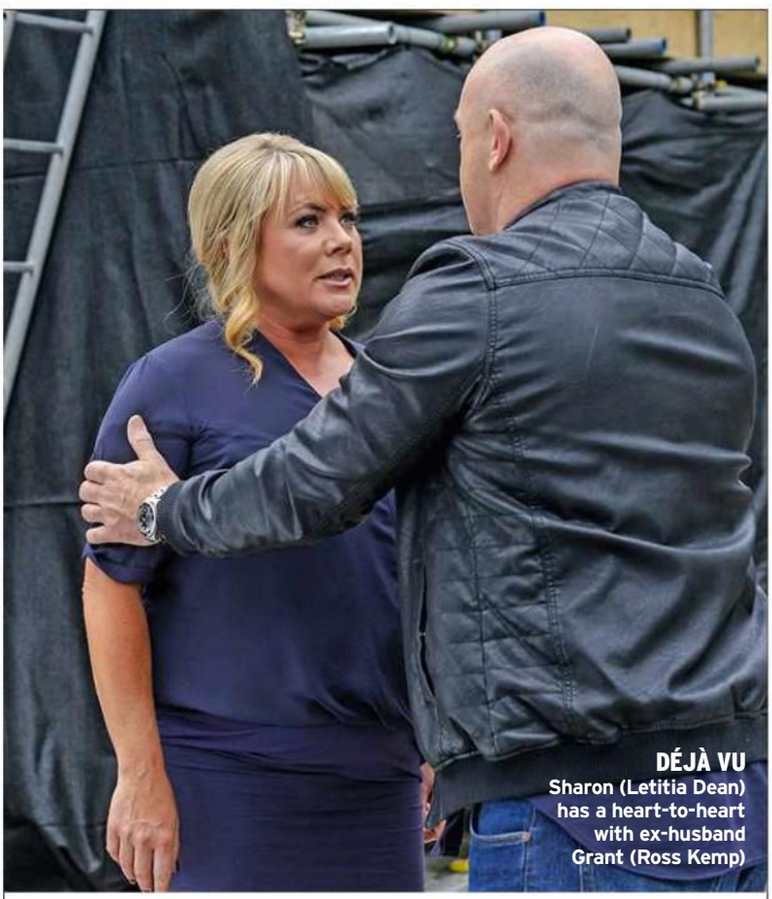
Sunderland is visited by BBC political editor Laura Kuenssberg as she explores how the vote exposed a gulf between Westminster and the electorate. And campaign managers give insiders' accounts of how the battle developed. **JACK SEALE**

1,000 Days of Fear: the Deadly Race at Los Alamos

9.00pm ***PBS America***

HISTORY As Hitler started to look unassailable, and the Second World War was slipping from the grasp of the Allies, the most brilliant minds in science assembled in a makeshift laboratory in the New Mexico desert. They were there to beat the Germans in the race to make an atomic bomb.

What would become known as the Manhattan Project was led by the dapper theoretical physicist Robert Oppenheimer. The little group contained big egos and big names. This absorbing documentary looks at life in the lab where they worked on "the gadget", code for the deadly weapon of mass destruction. Continues to Wednesday. **AG**



DÉJÀ VU Sharon (Letitia Dean) has a heart-to-heart with ex-husband Grant (Ross Kemp)

EastEnders

8.00pm ***BBC1***

SOAP Sharon is back where she belongs: sandwiched between two Mitchell brothers. What a relief. After all, her recent plotlines have been a cause for concern: that showdown with the decidedly scare-free Paul Nicholas being a particular low point.

However, banish all thoughts of Gavin from your mind because Grant is back, wearing a leather jacket (indoors!) in the height of summer and having a heart-to-heart with his ex-wife. She, of course, wants him to talk to Phil, who's been coughing and having nosebleeds at the mere prospect of a confrontation. And there's plenty for Grant to discuss: Peggy's death and owed money being top of a long list. But don't think Grant is spending all his time fighting: he also catches the eye of one lucky Walford lady. Maybe she'll persuade him to take off that jacket... **DB**

DISCOVER TV

Today's best of BBC3,iPlayer, Netflix and beyond

The Wipers Times

iPlayer/Netflix

From 2013, a terrific fact-based drama about a satirical magazine published by and for soldiers serving in the Ypres trenches. Facing one of the horrors of the century, they poked fun: the story touches on the futility of war, the glory of the printed word and how making jokes can help people through the worst hell. It leaves iPlayer, but not Netflix, today.

Oz *Sky Box Sets/NowTV*

Think you've seen every classic American box set? Perhaps you missed this. Beginning in 1997, it was HBO's first attempt to push TV drama into new territory: the diverse inmates of a New York State prison were the stars in a brutal, explicit show that had deep intelligence, cinematic vision and a host of actors you'll recognise now from their subsequent successes. All six seasons are up.

Moominland Tales

iPlayer

A documentary building a picture of Tove Jansson, creator of global children's book phenomenon the Moomins. Defined in the eyes of the uninitiated by those cute creatures, the Finn in fact led a bold, bohemian life. **JS**

HIDDEN GEM

Jeeves and Wooster

8.00pm ***Yesterday***

These 90s adaptations of PG Wodehouse's comic stories, starring Hugh Laurie and Stephen Fry, are near-perfect, and never grow old. So return to New York with Bertie, on his eternal quest to avoid awful Aunt Agatha, wet Madeline Bassett and the buffoonish Sir Roderick. Pip pip!

FILMS OF THE DAY

One Fine Day

5.00pm ***Movie Mix***

Warm-hearted if underwritten romantic comedy about two single parents sharing the day from hell, boasting three trump cards: twinkly George Clooney, charismatic Michelle Pfeiffer, and New York City, whose real locations give a sense of romance and character to an old-fashioned story. **See page 38**

■ **River of No Return** *11.00am* ***More4*** Whitewater rafting isn't the safest way to travel for Robert Mitchum and Marilyn Monroe.

■ **Face/Off** *9.00pm* ***5 Star*** White-water rafting isn't the safest way to travel for Robert Mitchum and Marilyn Monroe.

CHILDREN'S CHOICE

Hacker Time

9.00am ***CBBC***

Kimberly Wyatt from *Taking the Next Step* joins Hacker and co to kick off the sixth series.

■ **Tree Fu Tom** *5.00pm* ***CBeebies*** The Wonderful Wish Fruit ripens.

BEST LIVE SPORT

■ **Twenty20 Cricket** *7pm* ***Sky Sports 2*** This year's first T20 Blast quarter-final. The winners go through to finals day at Edgbaston, 20 August.

■ **Cricket: Sri Lanka v Australia, Second Test, day five** *5.15am, 8.10am, 10.30am* ***Eurosport 2***

■ **Elite League Speedway: Coventry Bees v Swindon Robins** *7.30pm* ***Sky Sports 1*** From Brandon Stadium.

■ **Major League Baseball: Marlins v Giants** *midnight (start 12.10am)* ***ESPN***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Naga Munchetty present. Replay of last night's action from 9.15am on BBC2, followed by beach volleyball, handball and volleyball. (S) (HD)

9.15 Countryside 999
The Cornwall Air Ambulance crew rescues a woman with an ankle injury. (R) (S) (AD) (HD)

10.00 Homes under the Hammer
Properties up for auction include a former public convenience in Kirkcaldy, a flat in Burton-on-Trent and a mid-terraced house in Rhondda. (R) (S) (AD) (HD)

11.00 Wanted Down Under
Andrew Schnell wants to return to New Zealand with his family, 18 years after moving to the UK. (R) (S) (AD) (HD)

11.45 The Housing Enforcers
Matt Allwright meets a household where notes left by the landlady are proving a sticking point.
Repeated tomorrow 7.45am BBC2 (Revised rpt) (S) (HD)

12.15pm Bargain Hunt
At Southwell Racecourse, Nottinghamshire. (S) (AD) (HD)

1.00 BBC News **Regional News; Weather** (S) (HD)

1.45–6.00 Olympics 2016

1.45 Rowing and Equestrian
The rowing continues, and there are updates from the National Equestrian Centre where the individual eventing cross-country discipline is taking place. (S) (HD)
Rowing
2.30 Women's eights heats
2.50 Men's eights heats

3.30 Tennis and Beach Volleyball
Second-round matches are being served up at the Olympic Tennis Centre. World number two Andy Murray will be many people's favourite to claim gold again. Last time, at London 2012, he defeated Roger Federer in the final.
There will also be preliminary fixtures taking place at the Beach Volleyball Arena. (S) (HD)

5.00–6.00 Swimming
Attention turns to the latest swimming heats at the Olympic Aquatics Stadium. Britain's Siobhan-Marie O'Connor, who won silver in the 200m freestyle at the 2014 Commonwealth Games, will be in action this afternoon.
Swimming
5.02 Women's 200m freestyle heats
5.29 Men's 200m butterfly heats
5.56 Women's 200m individual medley heats
Helen Skelton presents, while Andy Jameson and Adrian Moorhouse provide the commentary and Sharron Davies, Rebecca Adlington and Mark Foster add their expert opinions. The swimming action continues on BBC2, plus updates on the individual eventing cross-country competition. (S) (HD)

6.00 BBC News **Weather** (S) (HD)

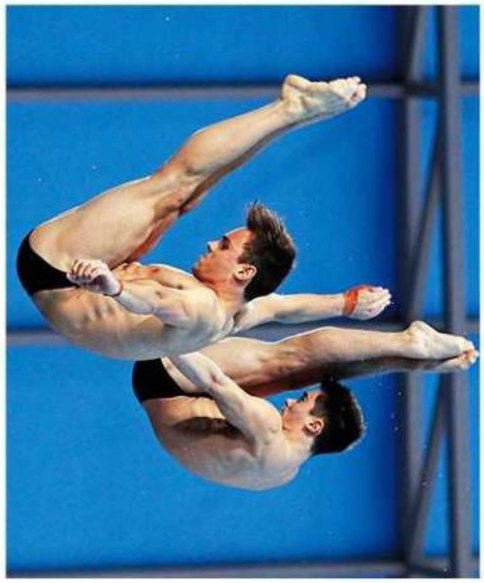
6.30 Regional news magazines (S)

7.00–8.00 Olympics 2016

7.00 Diving
Coverage of the men's 10m synchronised platform final. Earlier this year, Britain's Tom Daley and Daniel Goodfellow won silver at the European Championships. China's Chen Aisen and Lin Yue are the current world champions. (S) (HD)

7.30 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events, which include four swimming finals. Switch to BBC2 at 8pm for the start of the men's artistic gymnastics team final. (S) (HD)

8.00 EastEnders
RT Sharon encourages Grant to talk to Phil, but the two only end up in a bitter argument. Jay and Ben have a heart-to-heart, while Claudette encourages a grieving Pam to visit Paul. **See page 67.**
Writer Pete Lawson This week's episodes directed by Steve Finn Executive producer Sean O'Connor Cast Tuesday/Thursday Satellite and cable viewers can watch a repeat at 10pm on W (S) (AD) (HD)



Diving *7.00pm* Tom Daley and Daniel Goodfellow hope to be on the same body-twisting page as they strive for GB's first medal in the 10m synchronised platform since Peter Waterfield and Leon Taylor won silver in 2004

8.30–10.00 Olympics 2016

8.30–10.00 Gymnastics
Continued coverage of the men's artistic gymnastics team final. Great Britain, with a squad comprising Sam Oldham, Daniel Purvis, Louis Smith, Kristian Thomas and Max Whitlock, were bronze medallists in 2012 and came second at last year's World Championships.
Commentary comes from Craig Heap and Christine Still, with guest Beth Tweddle. The gymnastics coverage continues on BBC2. (S) (HD)

10.00 BBC News **Regional News; Weather** (S) (HD)

10.45–4.00am Olympics 2016

10.45 Rugby Sevens
Coverage of the bronze medal match and the final of the women's rugby sevens at the Deodoro Stadium in Rio, as the inaugural champions are crowned. (S) (HD)
11.00 Women's gold medal match
Eddie Butler and Sir Clive Woodward commentate.

11.30 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

12 midnight–4.00am Weightlifting and Swimming
The concluding live coverage on day three in Rio, beginning with the men's 62kg weightlifting final at Pavilion 2 of the Riocentre.
The focus then switches to the Olympics Aquatics Stadium for four swimming finals and three semi-finals. In the men's 200m freestyle, Britain's James Guy is the current world champion. Meanwhile, in the women's 100m backstroke, Britain's Georgia Davies stands a good chance of reaching the final, having won silver at the last Commonwealth Games.
Presented by Jason Mohammad. Commentary comes from Andy Jameson and Adrian Moorhouse, with reports from Sharron Davies. (S) (HD)
Swimming
2.03 Women's 200m freestyle semi-finals
2.21 Men's 200m freestyle final
2.30 Women's 100m backstroke final
2.38 Men's 100m backstroke final
2.54 Women's 100m breaststroke final
3.10 Men's 200m butterfly semi-finals
3.36 Women's 200m individual medley semi-finals

4.00am Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Beach Volleyball, Handball and Volleyball
Preliminary-round action from Copacabana Beach, the Future Arena and the Maracanazinho. (S) (HD)

2.00 Equestrian, Shooting and Canoeing
The individual eventing continues with the cross-country discipline. Mary King was the highest-placed Brit in this event four years ago, finishing fifth overall in what was the rider's sixth Olympics.
There's also shooting coverage, with the men's 10m rifle qualification and final taking place.
The second day of the canoe slalom schedule gets under way at the Whitewater Stadium, with the first and second runs in the men's C2 and women's K1 disciplines, which will decide the line-up for Thursday's semi-finals. London 2012 silver medallists David Florence and Richard Hounslow will be hoping for a comfortable passage through the men's heats.
Introduced by Ore Oduba. (S) (HD)
Shooting
4.00 Men's 10m rifle final
Canoeing
4.30 Men's slalom heats
Commentary comes from Patrick Winterton and Helen Reeves.

6.30 Rugby Sevens, Equestrian and Shooting
Dan Walker introduces further live coverage from day three in Rio. Pre-tournament medal contenders Great Britain will hope to be in action in the semi-finals of the women's rugby sevens.
In the shooting, Britain's Ed Ling will be one to watch in the trap final, having won silver at the 2014 World Championships.
There's also an eventing update as the cross-country discipline concludes. (S) (HD)
Rugby Sevens
6.30 Women's semi-final
Eddie Butler and Sir Clive Woodward commentate.
Shooting
7.00 Men's trap final

9.00 Judo and Weightlifting
Coverage begins with weightlifting and the concluding action in the women's 58kg final.
Then the focus switches to the Carioca Arena for the judo. In 2012, Kaori Matsumoto of Japan claimed the gold medal in the women's -57kg final, while in the men's -73kg final in London, Russia's Mansur Isaev was triumphant. Presented by Dan Walker. (S) (HD)
Judo
9.00 Women's -57kg final
9.35 Men's -73kg final

10.00 Hockey
Dan Walker introduces coverage of the women's Group B match between Great Britain and India from the Olympic Hockey Centre, with both sides playing their second fixture in the quest to reach the quarter-finals. Britain won bronze in 2012 with a 3–1 victory over New Zealand. Commentary comes from Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

11.30–2.00am Beach Volleyball
The Beach Volleyball Arena is the focus for the final BBC4 coverage on day three, as the preliminary fixtures continue. And what better backdrop than the iconic Copacabana Beach? USA teams have dominated this sport at Olympic level since its first inclusion in 1996, garnering a total of six gold medals. (S) (HD)

2.00am Britain on Film: Getting Down to Business
Documentary exploring *Look at Life's* films about the British economy at a time when Britain faced ever-increasing competition from abroad. (R) (S)
2.30 Sounds of the Sixties More songs from the archives, featuring appearances by the Rolling Stones, the Dave Clark Five, the Byrds and the Seekers. (R) (S)
2.55–3.55am The Riviera: a History in Pictures *1/2*
Actor Richard E Grant follows in the footsteps of artists who lived and painted on France's Cote d'Azur. This edition looks at the relationship between modern art and the area's development as an international tourist haven. (R) (S) (HD)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.15am Countryfile: the Summer Diaries Harvesting peas. Shown last Friday BBC1 (S) (HD)

7.00 Garden Rescue Garden makeovers with Charlie Dimmock. Shown last Friday BBC1 (S) (AD) (HD)

7.45 Neighbourhood Blues The teams crack down on drug dens. Shown last Friday BBC1 (S) (HD)

8.15–9.15 Sign Zone The £100K House: the Final Fix *2/2.* Revisiting self-builders as they battle to complete their projects. Shown last Wednesday (S)

9.15 Olympics 2016 Highlights The pick of yesterday's action from Rio, where medals were decided in swimming, road cycling, fencing, diving and judo. (S) (HD)

1.00pm Olympics 2016 Live action from the preliminary rounds of the women's handball and volleyball competitions. Presented by Hazel Irvine. (S) (HD)

1.45 Red Rock Katie tells David she wants an abortion. Adrian sees something he should not. Starring Jane McGrath and Patrick Ryan. (S) (AD) (HD)

2.30 The Edge Game show. (R) (S) (HD)

3.15 Escape to the Country Searching for a home in Northumberland. (R) (S) (AD) (HD)

4.00 The Great Antiques Map of Britain At Bristol's Harbour Festival. (R) (S) (HD)

4.30 Flog It! The team visits Glasgow. (R) (S) (HD)

5.15pm Pointless
Quiz show with Alexander Armstrong. (R) (S) (HD)

6.00 Olympics 2016
More live swimming heats from the Aquatics Stadium and updates on the individual eventing cross-country competition. Presented by Hazel Irvine. (S) (HD)

7.00 Eggheads
Jeremy Vine hosts the weekday quiz. (S) (HD)

7.30 University Challenge
Four students from Oriel College, Oxford take on a team from Manchester University.
Director Tracey Rooney; Producer Irene Daniels (S) (HD)

8.00 Olympics 2016
The men's artistic gymnastics team final gets under way, with Great Britain hoping to climb the podium again after taking bronze in London four years ago. Clare Balding presents. Coverage continues on BBC1. (S) (HD)

8.30 Only Connect
RT A team of photographers and a trio of Londoners try to tease out the connections between apparently random things, but only host Victoria Coren Mitchell has all the answers. **See page 66.**
Series producer Jenny Hawker; Series director Siân G Lloyd (S) (HD)

9.00 Brexit: the Battle for Britain
RT Within hours of the EU referendum result in June, the Prime Minister had resigned, the pound fell and Westminster was reeling. Laura Kuenssberg asks why this political revolution happened, and how it stands to reshape Britain's politics. **See page 67.**
Producers Adam Grimley, Mike Rudin and Katherine Churcher
Exec producer Sam Bagnall Repeated Thu 12.20am (S) (HD)

10.00 Olympics 2016
The concluding disciplines in the men's artistic gymnastics team final, where reigning Olympic champions China are the favourites to claim gold. (S) (HD)

10.45 Newsnight
With Evan Davis. (S) (HD) Followed by **Weather** (S) (HD)

11.20 Robot Wars
3/6. The latest eclectic collection of home-made robots includes Glitterbomb, designed by nine-year-old April, which boasts a huge pink axe. **See choice, p56.**
Shown yesterday 8pm (S) (HD)

12.20am The Super League Show Action from the opening round of matches in the Super 8s. (S)

1.00–3.00 Sign Zone 1.00 Celebrity MasterChef *11/12.* It's finals week, and the four remaining contestants face a daunting palate test. (R) (S) (AD)

2.00 Full Steam Ahead *2/6.* A visit to the museum at Beamish in Durham. (R) (S) (AD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am Good Morning Britain (S) (HD)

8.30 Lorraine Entertainment and fashion. (S) (HD)

9.25 The Jeremy Kyle Show (R) (S) (HD)

10.30 This Morning Celebrity chat and lifestyle features. Including **Regional Weather** (S) (HD)

12.30pm Loose Women Star guests and topical discussion from a female perspective. (S) (HD)

1.30 ITV Lunchtime News Regional News; Weather (S)

2.00 Judge Rinder Real-life cases. (R) (S) (HD)

3.00 Secret Dealers The experts look round two homes and find a 19th-century French gilt mirror. (R) (S) (HD) Followed by **Regional Weather** (S)

4.00 Tipping Point Game show. (R) (S) (HD)

5.00pm Cash Trapped
6/10. Weekday quiz hosted by Bradley Walsh.
Series producer Sarah Timbury; Exec producer Glenn Hugill (S) (HD)

6.00 Regional News Weather (S)

6.30 ITV Evening News Weather (S)

7.00 Emmerdale
Zak makes a drunken faux pas while tottering home from his stag do.
Writer Cameron McAllister This week's episodes produced by Iain MacLeod, directed by David Kester and Di Patrick
Cast Tue/Thu Rptd ITV2 tomorrow 8am and 12.15pm (S) (AD) (HD)

7.30 Coronation Street
RT Robert makes life a misery for his staff. Leanne is stunned at Nick's plans to set up business next door to the bistro. Continues at 8.30pm. **See page 66.**
Writer Joe Turner This week's episodes produced by Stuart Blackburn, directed by Neil Johnston Cast Wednesday/Friday
Repeated ITV2 tomorrow 8.30am and 12.45pm (S) (AD) (HD)

8.00 Wild France with Ray Mears
RT *5/6.* **Provence.** The survivalist explores this stunning landscape, descending into its ochre canyons and perfumed lavender fields, and celebrating the wonderful creatures it sustains, from Bonelli's eagles to wild boar. **See p66.**
Series director Phil Coles; Series producer Beth Sowersby (S) (HD)

8.30 Coronation Street
RT Nick takes his campaign against Robert a step further. Todd advises Sally to be cautious over Phelan's project. **See page 66.**
Writer Mark Wadlow
Repeated ITV2 tomorrow 9am and 1.15pm (S) (AD) (HD)

9.00 Brief Encounters
RT *6/6.* With Nita about to give birth, and Pauline's actions towards Johnny called into question, Steph goes ahead and organises an Ann Summers event at a night club. **See p66.**

Steph	**Sophie Rundle**	Widowed Linda	**Souad Faress**
Nita	**Angela Griffin**	Sarg	**James Puddephatt**
Dawn	**Sharon Rooney**	PC Martin	**Rob Norbury**
Pauline	**Penelope Wilton**	Richie	**Theo Graham**
Brian	**Peter Wight**	Dean	**Daniel Sharp**
Terry	**Karl Davies**	Stanley	**Fin Campbell**
Johnny	**Ben Bailey Smith**	Dougie	**Samuel Edward-Cook**
Kieren	**Don Gilet**	Nessa	**Chloe Boye**
Russell	**Will Merrick**	Gobby Sharon	**Gemma Dobson**
Hellie	**Chloe Pirrie**	Dull Karen	**Tanya Vital**
Joan	**Felicity Montagu**	Jacqueline Gold	**Anna Krippa**
Lisa	**Gina Bramhill**	Spotty Kevin	**Deon Lee-Williams**
Barry	**Kent Riley**		

Writers Oriane Messina and Fay Rusling; Director Joss Agnew; Producer Jo Willett (S) (AD) (HD)

10.00 ITV News at Ten
Weather; Regional News and Weather (S)

10.45 Benidorm
5/7 Series 6. Standing in for Joyce, who's on a mini-break, Les catches Mateo flirting and promptly sacks him, triggering a staff walkout.
Writer Derren Litten; Director Sandy Johnson
Producer Lucy Armitage (R) (S) (AD) (HD)

11.45 Britain As Seen on ITV
2/6. **How We Got Around.** Changes in transport during the first 60 years after ITV first came on air. Including a 1980s report on the ill-fated Sinclair C5, and the men who built the M62.
Director/Series producer Richard Mortimer (R) (S)

12.10am Jackpot247 Interactive gaming.

3.00 The Jeremy Kyle Show (R) (S) (SL) (HD)

3.55 Nightscreen Text information. (HD)

5.05–6.00am The Jeremy Kyle Show (R) (S) (SL) (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am 3rd Rock from the Sun (R) (S) (AD)

7.05 Everybody Loves Raymond (R) (S)

8.00 Frasier Double bill. (R) (S) (AD)

9.05 The Big Bang Theory (R) (S) (AD) (HD)

9.55 The Simpsons Triple bill. (R) (S) (AD)

11.30 Come Dine with Me In Guildford. (R) (S) (HD) Including **News** at **12 noon** (S) (HD)

2.10pm Fifteen to One Quiz show. (S) (HD)

3.10 Countdown Gyles Brandreth joins Susie Dent in Dictionary Corner. (S) (HD)

4.00 Three in a Bed Including racing Ferraris at Silverstone. (R) (S) (HD)

5.00 Couples Come Dine with Me Three soirées in Reading. (R) (S) (HD)

6.00pm The Simpsons
The Heartbroke Kid. Bart becomes addicted to junk food. (R) (S) (AD)

6.30 Hollyoaks
Joe's world is turned upside down.
Writer Heather Robson This week's episodes directed by Adrian Bean Cast Tuesday/Thursday
Shown last Friday E4 Repeated tomorrow 6am E4
The next episode follows on E4 (S) (AD) (HD)

7.00 Channel 4 News
Sport; Weather (S) (HD)

8.00 Brexit: Who'll Do Your Job Now?
In a *Dispatches* investigation, Morland Sanders finds evidence that North Korea may be able to exploit any future dearth of EU workers in Britain.
Director Philip Carter; Executive producer Eamon O'Connor Repeated Thursday 1.55am (S) (HD)

8.30 Superfoods: the Real Story
In Los Angeles, Kate Quilton tests the memory-enhancing powers of pomegranates. She also travels to Thailand to find out whether creepy-crawlies cut the mustard as a superfood.
Director George Harris; Series producer Paul O'Connor
Rptd tomorrow 11.30am 4seven (S) (AD) (HD)

9.00 Eden
Ep 4. Spring arrives and the residents build a winter dwelling. However, one of the group tries to engineer a split in the camp and force the weakest to leave.
Executive producer Andrew Palmer; Series editors Liz Foley and Sunshine Jackson Rptd tomorrow 12 midnight C4 and Fri 1.05am 4seven (S) (AD) (HD)

10.00 Naked Attraction
Ep 3. A 28-year-old single mother hopes the revealing dating show will help her find a man who can cater to her adventurous side.
Series producer Andy Charles Smith; Exec producers Mike Cotton and Tim Harcourt Rptd Wed 11.05pm 4seven and Thu 12.05am C4 (S) (AD) (HD)

11.05 Tattoo Fixers on Holiday
2/8 Series 3. Among the punters flocking to the Mediterranean pop-up parlour is Lewis, who was left with an unsightly posterior after a bender in Thailand.
Director Oli Tridgell; Series producer Lucie Rake
Shown last Tuesday E4 (S) (AD) (HD)

12.05am Bodyshockers: Nips, Tucks and Tattoos A man gets a skull design scarred into his skin. (R) (S) (AD) (HD)

1.00 The Three Day Nanny *Ep 2 Series 3* In Stockton-on-Tees. Shown last Wed (S) (HD)

1.55 One Born: What Happened Next? Revisiting memorable parents. (R) (S) (AD) (HD)

2.50 Grand Designs Australia A zero-waste home. First shown on More4 (S) (HD)

3.50 Phil: Secret Agent Down Under A renovation in Adelaide. (R) (S) (SL) (AD) (HD)

4.45 Fifteen to One Quiz show. (R) (S) (HD)

5.45 Kirstie's Fill Your House for Free A look at upcycling in Bath. (R) (S) (HD)

5.50–6.15am Draw It! (R) (S) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf plus 29 more Freeview channels

Regional variations

ITV WALES
8.00–8.30pm Welsh Inspirations: cycling coach Sir Dave Brailsford reveals the secrets of his success **10.45** Wild France with Ray Mears **11.15–11.45** Gino's Italian Escape: Islands in the Sun: the chef reaches Sicily

LONDON LIVE
F'view 8 **Sky** 117 **Virgin** 159
5.00am Talking Points **6.00** Wishbone Ash: Live **7.30** Cash in the Attic (R) **8.30** London Live News **10.00** Cash in the Attic (R) **11.00** Made in Chelsea (R) **12 noon** London Live News: latest reports **2.00pm** Charlie Chaplin Originals (R) **2.25 FILM:** Sparrows Can't Sing: comedy drama starring James Booth **4.25 FILM:** Law and Disorder: comedy crime thriller starring Alastair Sim **6.00** London Live News **7.30** What to Watch **8.00** Damilola: Death of a Ten Year Old: documentary reflecting on the case of ten-year-old Damilola Taylor (R) **9.00** The Very Best of Kenneth Williams **10.00** Noel Fielding's Luxury Comedy: Noel receives an important call (R) **10.30 FILM:** Hackney's Finest: London-based crime drama starring Nathanael Wiseman **12.20am** UCMMA **1.20** The Very Best of Kenneth Williams (R) **2.25** Noel Fielding's Luxury Comedy (R) **3.00–5.00am** Desmond's (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

MONDAY Freeview

Channel 5 [5]

Mascara Boys: Sex Me Up *10.00pm* Looks matter to a fault for Rodrigo

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

5.40am Milkshake! See page 73
9.15 ***New.*** **The Wright Stuff** Debate. (HD)
11.15 Cowboy Builders The team assists a thoroughly demotivated couple in Porthcawl, Bridgend. (S) (HD) **12.10pm News** (S) (HD)
12.15 Celebrity Big Brother Highlights. Shown yesterday 9pm Rptd 2pm/5pm 5 Star (HD)
1.15 Home and Away Shown last Friday on 5 Star Repeated 6pm on C5 (S) (AD) (HD)
1.45 ***New.*** **Neighbours** Rptd 5.30pm (S) (AD) (HD)
2.15 NCIS *9/24 Series 10.* Gibbs teams up with FBI agent TC Fornell. (S) (AD) (HD)
3.10 Rosamunde Pilcher's Coming Home *1/2.* Drama with Emily Mortimer. Friends from boarding school find their peaceful lives shattered by the outbreak of the Second World War. Concludes tomorrow 3.10pm. (S)
5.00pm 5 News (S) (HD)

5.30 Neighbours
Brad gets the urge to pop the question. Shown 1.45pm Repeated 6pm 5 Star (S) (AD) (HD)

6.00 Home and Away
Mick issues an ultimatum to Olivia. Shown 1.15pm Next episode 6.30pm 5 Star (S) (AD) (HD)

6.30 5 News Tonight (S) (HD)

7.00 Aircrash: Collision in the Skies
Tracing the sequence of events on the morning of 30 June 1956 that led to the collision of United Airlines Flight 718 and TWA Flight 2 over the Grand Canyon. Director Trevor Cornish; Producer Simon Lloyd Repeated Thursday 3.10am (S) (HD)
Followed by **5 News Update** (S) (HD)

8.00 Police Interceptors Unleashed
Vinnie Jones presents a collection of the most thrilling moments from the series. A drunk driver places villagers in a potentially explosive situation, and strong-arm tactics are required to deal with a hot-headed football hooligan. Director/Producer Bob Gowing (S) (HD)
Followed by **5 News Update** (S) (HD)

9.00 ***New.*** **Celebrity Big Brother**
The latest highlights from the house. Rptd tomorrow 12.15pm C5; 2pm/5pm 5 Star (S) (HD)

10.00 ***New.*** **Mascara Boys: Sex Me Up**
The stories of men who are obsessed with their appearance, including 32-year-old Brazilian Rodrigo, who has spent more than £300,000 on cosmetic surgery, and Bobby, who won't leave the house without looking "perfect". Series producers Michelle Horton and Jo Molloy Executive producer Andra Heritage (S) (HD)

11.05 Celebrity Big Brother's Bit on the Side
Rylan Clark-Neal presents. (S) (HD)

12.05am Can't Pay? We'll Take It Away! (S) (HD) **1.00** ***New.*** SuperCasino **3.10** Person of Interest *15/22 Series 2* (S) (HD) **4.00** Witches: a Century of Murder (S) (SL) (HD) **4.45** HouseBusters (S) (SL) **5.10–6.00am** House Doctor (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
Channel 5 +24 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p67 and **Discover TV** p44

ITV2 [6]

Take Me Out *5.50pm* Will one of the girls find a spark with an electrician?

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Dinner Date (S) (HD) **7.10** The Ellen DeGeneres Show: with Kaley Cuoco (S) (HD) **8.00** Emmerdale (S) (AD) (HD) **8.30** Coronation Street (S) (AD) (HD) **9.30** Psych (S) (HD) **10.20** Royal Pains (S) (HD) **11.15** Dinner Date (S) (HD)
12.15pm Emmerdale Shown last Friday ITV (S) (AD) (HD) **12.45** Coronation Street Shown last Friday ITV (S) (AD) (HD) **1.45** The Ellen DeGeneres Show (S) (HD) **2.35** The Jeremy Kyle Show (S) (HD) **5.50** Take Me Out (S) (HD)

7.00pm You've Been Framed! Gold
A man sets his crotch on fire. (S)
7.30 Cute Valentine's Day kisses, Easter-egg mishaps and harvest-time howlers. (S)

8.00 Two and a Half Men
21/22 Series 7. Alan and Jake go on a road trip to Sacramento. (S) (HD)
8.30 *22/22.* Charlie relies on Jake to be his driver when he loses his licence. (S) (HD)

9.00 ***New.*** **Family Guy**
Series 14. Brian falls for a tech-support girl in India and sets out to find her. (S) (AD) (HD)

9.30 ***New.*** **Bordertown**
9/13. Bud and Janice's five-year-old daughter Gert has a heart attack. (S) (AD) (HD)

10.00 Family Guy
Series 9. Meg offers to look after Joe while Bonnie is out of town. (S) (AD) (HD)

10.30 American Dad!
Series 10. An experimental drug transforms Stan into a woman. (S) (AD) (HD)
11.00 Hayley suspects Stan has been brainwashed by radicals. (S) (AD) (HD)

11.30 The Cleveland Show
Series 2. Cleveland is eager to coach his team to the baseball state championship.
11.55 Cleveland Jr and Kendra petition for the rights of overweight people.
12.25am *Series 1.* Cleveland's parents announce they plan to remarry. (S) (AD) (HD)
12.50 Two and a Half Men (S) (HD) **1.40–2.30am** The Vampire Diaries (S) (AD) (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Soapbox Race (HD) **9.00** Lizard Lick Towing (S) (HD) **10.00** American Pickers **11.00** Storage Hunters (S) (HD)
12 noon Top Gear (S) (AD) **1.00pm** Caribbean Twenty20 Cricket (HD) **5.00** Soapbox Race (HD)
6.00pm Top Gear The team drives "muscle cars" from San Francisco to Utah. (S) (AD)
7.00 American Pickers Mike and Frank visit the former home of a circus. (S) (HD)
8.00 QI XL With Shappi Khorsandi, Ross Noble and Johnny Vegas. (S) (HD)
9.00 Would I Lie to You? With guests Micky Flanagan, Fiona Bruce, Claudia Winkleman and Steve Jones. (S) (HD)
9.40 Mock the Week Ed Byrne and Jack Whitehall join the regular panellists. (S)
10.20 QI With Jimmy Carr and Bill Bailey. (S)
11.00 Jo Brand and Rich Hall guest. (S)
11.40 Would I Lie to You? With Bruno Tonioli, Kirsty Wark and Rob Beckett. (S) (HD)
12.20am Mock the Week (S) (HD) **1.00** QI (S) **2.20** Mock the Week (S) **3.00–4.00** X-Fighters (HD)
5.00 as 9am **5.30–6.00am** American Pickers (S)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV3 [10]

Charles: the Destiny of a Prince *9.00pm* An heir forging his own path

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Doctor in the House (S) **6.25** Heartbeat (S) (SL) **7.25** Where the Heart Is (S) (AD) **8.30** The Royal (S) (AD) **9.30** Judge Judy (S) (HD) **10.55** Murder, She Wrote (S) (AD) (HD) **11.55** Love Your Garden (S) (HD)
1.00pm Heartbeat (S) **2.00** The Royal (S) (AD) **3.05** Where the Heart Is (S) (AD)
4.15 Doctor in the House (S) **4.50** Rising Damp (S) **5.15** George & Mildred

5.50pm Heartbeat
Tricia finds things uncomfortable when she gets involved in a domestic dispute. (S)

6.55 Murder, She Wrote
Jessica takes her relatives on a day trip and is asked to investigate the murder of an amusement park owner. (S) (AD) (HD)

8.00 Rosemary & Thyme
Enter Two Gardeners. The gardening detectives are asked to prepare the land of an open-air theatre for a production. During rehearsals, one of the actors shoots himself with a gun loaded with live ammunition instead of blanks. (S)

9.00 ***New.*** **Charles: the Destiny of a Prince**
2/2. A profile of the Prince of Wales, looking at how he has led his own campaigns and freed his speech from the constitutional rules that he found too constraining. (S)

10.00 Without You
1/3. Drama starring Anna Friel and Marc Warren, based on a Nicci French novel. When a schoolteacher's husband dies in a car crash alongside a mystery woman, she tries to prove he was not having an affair. Continues tomorrow 10pm. (S) (AD) (HD)

11.00 Liverpool 1
5/6. Series 1. The team investigates the seemingly motiveless murder of a prostitute, while Cally and de Pauli struggle with personal issues. (S) (HD)
12.15am Blue Murder (S) (AD) **1.10** Marchlands (S) (AD) (HD) **2.00–2.30am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am Gunsmoke (S) (SL) **6.50** Minder (S) (AD) **7.50** Ironside **8.50** Quincy (S) (AD) (HD) **9.55** The Chase (S) (HD) **10.55** Magnum, PI (S) (HD) **11.55** Gunsmoke (S)
1.00pm Pawn Stars (S) (HD) **1.55** Storage Wars (S) (HD) **2.50** The Sweeney (S) **3.55** Quincy (S) (AD) (HD) **4.55** Ironside
6.00pm Storage Wars The bidders go to Rancho Cucamonga, California. (S) (HD)
6.30 Ivy digs through a pile of rubbish. (S) (HD)
7.00 Rugby Sevens Premiership Sevens finals night at the Ricoh Arena. (S) (HD)
8.00 River Monsters Tracking down a deadly fish in southern Africa. (S) (HD)
9.05 FILM The Keeper ★ Action thriller starring Steven Seagal as a cop who is double-crossed by his partner and then relieved of his duties. (S) (AD) (W) (HD)
11.00 FILM The Glimmer Man ★★ Action thriller starring Steven Seagal, Keenen Ivory Wayans and Bob Gunton. (S) (W) (HD)
12.50am Rugby Sevens (S) (HD) **1.55** Motorsport UK (S) (HD) **2.45** Movies Now: news and reviews (HD) **2.50–3.00am** Nightscreen (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

Drama [20]

Judge John Deed *9.00pm* Jo Mills looks into a death on a building site

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am The Indian Doctor **8.00** Sharpe (S) **10.00** Lovejoy (S) **11.00** The Bill (S)
1.00pm Last of the Summer Wine (S) **1.40** Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe (S) **5.00** Lovejoy: the antiques dealer decides the time is right to marry Lady Jane (S)

6.00pm Brush Strokes
Paulette tries to talk Elmo into buying a country home. Veronica sends Jacko and Eric off to paint the wrong mobile home.

6.40 Last of the Summer Wine
Seymour invents a car safety device and Compo volunteers to test it. (S)

7.20 Whatever Happened to the Likely Lads?
Bob visits the hospital after injuring his foot and his misery is compounded when he has a run-in with Terry. (S)

8.00 Maisie Raine
5/6 Series 2. **The Witness.** Maisie rescues Gavin McKay, a man who borrowed £2,000 from a pair of villains and who has ended up doing their dirty work – running an illegal drinking club and hiding a dead body. (S) (AD)

9.00 Judge John Deed
3/5 Series 1. **Duty of Care.** Jo Mills takes on the case of a worker killed on a building site, convinced that the managing director of the company should be held accountable for his neglect of health and safety legislation. However, the Lord Chancellor's department once again tries to divert the course of justice to avoid embarrassment – and Deed's ex-wife is appointed counsel for the defence. (S) (AD)

11.00 Birds of a Feather
Tracey is disturbed when her son Garth starts dating an older woman.

11.40 The Bill
Drugs mule Eva Garcia contacts her brother, blowing the security of the safe house and putting Zain in great danger. (S)
12.40am Lovejoy (S) **1.40** The Indian Doctor **2.35–4.00am** The Forsyte Saga

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Be Beautiful (S) (HD) **9.10** The Only Way Is Essex (S) (HD) **10.00** Who's Doing the Dishes? (S) (HD) **11.00** Flipping Out (HD)
12 noon The Millionaire Matchmaker (S) (HD)
1.00pm Dinner Date (S) (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City (S) **4.00** The Real Housewives of Cheshire (S) (HD)
6.00pm Dinner Date Londoner Veronica chooses three blind dates. (S) (HD)
7.00 Buying and Selling A couple desperately need more room. (HD)
8.00 The Real Housewives of Orange County Secrets are revealed during a look at unseen footage from season nine. (S) (HD)
9.00 ***New series.*** **The Real Housewives of Orange County** Shannon and David try to repair their marriage. (S) (HD)
10.00 ***New.*** **Married to Medicine** Jackie calls for a group intervention to patch things up between Mariah and Toya. (HD)
11.00 The Only Way Is Essex (S) (HD)
11.50 The Jeremy Kyle Show USA (S)
12.40am Shopping **5.45–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

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E4 28

Rich Kids of Instagram *10.00pm* Teen Maya show us round her luxury home

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 **HD** **Virgin** 145

6.00am Hollyoaks Shown last Fri C4 (S) (AD) (HD) **6.25** Coach Trip: Road to Ibiza (S) (AD) (HD) **6.50** Melissa & Joey (S) (AD) (HD) **7.15** How I Met Your Mother (S) (AD) (HD) **8.05** Rules of Engagement (S) (HD) **9.00** The Goldbergs (S) (AD) (HD) **10.00** Baby Daddy (S) (HD) **11.00** Charmed (S)

1.00pm How I Met Your Mother (S) (AD) (HD) **2.00** The Big Bang Theory (S) (AD) (HD) **3.00** Baby Daddy (S) (HD) **4.00** Melissa & Joey (S) (AD) (HD) **5.00** The Goldbergs (S) (AD) (HD)

6.00pm The Big Bang Theory *4&5/24 Series 5.* (S) (AD) (HD)

7.00 *New.* Hollyoaks Joanne offers Joe some advice. Cast pp79/99 Rptd tomorrow 6.30pm C4 (S) (AD) (HD)

7.30 *New.* Coach Trip: Road to Ibiza The tourists arrive in Marseille, where a pole-dancing class gets pulses racing. Repeated tomorrow 6.25am (S) (AD) (HD)

8.00 The Big Bang Theory *18/24 Series 7.* Sheldon gets a surprise when he visits his mother. (S) (AD) (HD) **8.30** *20/24.* Penny tries to help as Sheldon frets that he is wasting his time studying string theory. (S) (AD) (HD)

9.00 *New.* Made in Chelsea: South of France *2/6.* Sam tries to play Cupid for his newly single sister, while Frankie finds out Jamie has shared a bed with two women – but she has a secret of her own. (S) (AD) (HD)

10.00 *New.* Rich Kids of Instagram *6/6.* Publishing heir Christopher is in Las Vegas pursuing his latest love interest with a helicopter trip, while Iman launches her new fashion collection. (S) (AD) (HD)

11.00 The Big Bang Theory *2&3/17 Series 1.* (S) (AD) (HD)

12 midnight Gogglebox (S) (SL) (HD) **1.10am** First Dates (S) (HD) **2.05** Made in Chelsea: South of France (S) (AD) (HD) **3.00** Rich Kids of Instagram (S) (AD) (HD) **3.55** New Girl (S) (AD) (HD) **4.15** Rules of Engagement (S) (HD) **4.55–6.00am** Charmed (S) (SL)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 **HD** **F'view** 110

9.00am Come Dine with Me (S) (HD) **11.30** Superfoods: the Real Story (S) (AD) (HD)

12 noon The Question Jury (S) (HD) **1.00pm** A Place in the Sun: Summer Sun (S) (HD) **2.00** Phil: Secret Agent Down Under (S) (AD) (HD) **3.00** Inside Out Homes (S) (AD) (HD) **4.00** Couples Come Dine with Me (S) (HD) **5.00** Double Your House for Half the Money (S) (AD) (HD)

6.00pm Phil: Secret Agent Down Under Searching for a home in Melbourne. (S) (AD) (HD) **7.00 Come Dine with Me** A week of competitive dining in London. (S) (HD) **8.00 Location, Location, Location** A single mother hopes to move to Derby. (S) (HD) **9.00 Celebrity First Dates** Siân Lloyd, Daniel Brocklebank, Jess Woodley and Musharaf Asghar take part. (S) (AD) (HD) **10.00 Gogglebox: Brexit Special** Opinions on recent political events. (S) (AD) (HD) **11.05 Ramsay's Kitchen Nightmares USA** The chef comes to the aid of Park's Edge restaurant in Atlanta, Georgia. (S)

12 midnight Naked Attraction (S) (AD) (HD) **1.00am** The World's Weirdest Weather (S) (AD) (HD) **1.55** Flying to the Ends of the Earth (S) (AD) (HD) **2.50** The Job Interview (S) (AD) (HD) **3.45–4.45am** Couples Come Dine with Me (S) (HD)

More4 14

The Secret Life of Four-Year-Olds *9.00pm* Tia, Theo, Charlotte and Lola

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 **HD** **Virgin** 203

8.55am Jamie's 15-Minute Meals (S) (AD) (HD) **9.35** A Place in the Sun: Winter Sun (S) (HD) **10.40** Kirstie's Vintage Gems (S) (HD) **11.00 FILM** River of No Return ★★★ Western starring Robert Mitchum. **Review p38** (S) (HD)

12.55pm Time Team: double bill (S) (HD) **3.05** A Place in the Sun: Winter Sun (S) (HD)

5.15pm Four in a Bed B&Bs in Cambridgeshire, Great Yarmouth, Bath and East Lothian compete. (S) (HD)

7.55 Grand Designs A disabled Royal Marine and his partner build a specially adapted home. (S) (HD)

9.00 The Secret Life of Four-Year-Olds After a fortnight apart, the four-year-olds are reunited. Lola's popularity rises, but at a cost to the hitherto confident Tia. (S) (HD)

10.00 16 Kids and Counting Amanda, a mother of 11 from Sunderland, thinks it might be time to call it a day, but her husband wants one more child. (S) (HD)

11.05 24 Hours in A&E Folk musician Tad has developed a dangerously high heart rate, a condition that's reared its head before. (S) (AD) (HD)

12.10am Ramsay's Kitchen Nightmares USA: a restaurant in Boston (S) **1.10** as 9pm **2.15** 16 Kids and Counting (S) (HD) **3.20–3.35am** Kirstie's Fill Your House for Free (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **10.00** Access **10.10** Jane Doe: Yes, I Remember it Well: mystery starring Lea Thompson (S) **12 noon** CSI: NY (S) **1.00pm** NCIS (S) (AD) **2.00** Person of Interest **4.00** NCIS (S) (AD) **5.00** CSI: NY (S) **6.00pm** CSI: Miami *10/24 Series 5.* A marine recruiter is found dead on a shooting range (S) (AD) **7.00** NCIS *3&4/19 Series 5* (S) (AD) **9.00 *New.*** NCIS: Los Angeles *8/24 Series 3* The team investigates when a naval seaman and an infamous arms dealer are found dead (S) **10.00** NCIS: New Orleans *6&7/24 Series 2* (S) (AD) **11.55** CSI: Miami *4/24 Series 5* (S) (AD) **12.50am** CSI: NY (S) (AD) **3.30** True Crimes: the First 72 Hours **3.55–4.00am** Access

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.25** That '70s Show (S) **9.10** Access **9.20 FILM** The Reef ★★ Animated adventure (S) **11.00** That '70s Show (S) **12 noon** My Wife and Kids (S) **1.00pm** Dance Moms (S) **1.55** Access **2.00** Celebrity Big Brother (S) **3.00** Neighbours (S) (AD) **3.30** Home and Away (S) (AD) **4.00** 8 Simple Rules (S) **5.00** Celebrity Big Brother **5.55** Access **6.00pm** Neighbours Shown 5.30pm C5 (S) (AD) **6.30 *New.*** Home and Away Rptd tomorrow 6pm C5 (S) (AD) **7.00** Dance Moms (S) **8.00** On Benefits: Life on the Dole (S) **9.00 FILM** Face/Off ★★★★ Action thriller starring John Travolta and Nicolas Cage. **Review p38** (S)

12 midnight *New.* Celebrity Big Brother: Live from the House **1.00am** Celebrity Big Brother: Best Bits **2.00** That '70s Show **3.00** The Cross-Dressing Cannibal: Born to Kill? (S) **3.50–4.00am** Access

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p74**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Great British Railway Journeys **8.00** The World at War (S) **9.00** as 7pm **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)

12 noon Great British Railway Journeys **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Great British Railway Journeys

6.00pm The World at War The battle for North Africa. Narrated by Laurence Olivier. (S) **7.00 Monarchy by David Starkey** Examining the reign of King Henry VIII. (S) (AD) **8.00 RT CHOICE Jeeves and Wooster** Bertie travels far to avoid Aunt Agatha, Sir Roderick and Madeline Bassett. **See p67.** (S) **9.10 One Foot in the Grave** In a Christmas special, Victor has a spooky encounter. (S) **10.30 The Two Ronnies** Including the Cockney Rhyming Song Sermon. (S) **11.20 One Foot in the Grave** As 9.10pm. **12.40am** Museum Secrets (S) **1.40** Great British Ghosts (S) **2.05–3.00am** The World at War (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **8.00** Flog It! **9.00** DIY SOS: the Big Build **10.00** Escape to the Country (AD) **11.00** Fantasy Homes by the Sea (AD) **12 noon** as 7pm **1.00pm** Flog It! **2.00** DIY SOS: the Big Build **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country (AD) **5.00** Fantasy Homes by the Sea (AD) **6.00** Flog It! **7.00** Homes under the Hammer **8.00** DIY SOS: the Big Build **9.00** A Place in the Sun: Home or Away **10.00** Fantasy Homes by the Sea (AD) **11.00** Escape to the Country (AD) **12 midnight** as 8pm **1.00am** Flog It! **2.00** as 7pm **3.00–4.00am** as 9pm

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers **12 noon** Police Interceptors **2.00pm FILM** Fantastic Voyage ★★★★ Sci-fi adventure starring Stephen Boyd, Raquel Welch and Donald Pleasence **4.00** Chasing Monsters **5.00** Eddie Stobart: Trucks and Trailers **6.00pm** Police Interceptors **8.00** Beware: Robbers on the Rampage: the Met's flying squad targets moped gangs **9.00 *New.*** Car Crash TV **10.00** The X-Files *8/20 Series 5* Mulder and Scully search for a mind-controlling killer **11.00 FILM** Outpost ★★ Mercenaries raid a barren outpost for a Nazi gadget devised to create an invincible army **12.45am** The X-Files **2.45–3.00am** Access

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12 noon** The Avengers (BW) **1.00pm** McBride: The Doctor Is Out, Really Out **3.00** Danielle Steel's The Ring **5.00** Highway to Heaven **6.00** Touched by an Angel **7.00** M*A*S*H **8.00** The Avengers (BW) **9.00 FILM** Blue Caprice ★★★ **11.00 FILM** Murder among Friends ★★ **1.00–3.00am FILM** Dying to Belong ★★

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am The Lost World **9.00** Tales from the Darkside **10.00 FILM** At the Earth's Core ★★ **11.50** Horror Highlights **12 noon** The War of the Worlds **1.00pm FILM** Atomic Dog ★ **2.50** Horror Highlights **3.00** The Incredible Hulk **4.00 FILM** Lost in the Bermuda Triangle ★ **5.50** Horror Highlights **6.00** The Lost World **7.00** Tales from the Darkside – Trick or Treat **7.30** Tales from the Darkside **8.00** The War of the Worlds **9.00 FILM** An American Haunting ★★★ Period horror **10.50 FILM** Scanners ★★★★ Sci-fi horror **12.55am FILM** DeadHeads ★★★ Comedy horror **2.45–4.30am FILM** Wishmaster ★★★

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am 60-Minute Makeover **7.00** Most Haunted **8.00** 6ixth Sense **9.00** Relic Hunter **10.00** as 8pm **11.00** Stargate SG-1 **12 noon** Border Security: Canada **1.00pm** as 6am **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare (AD) **4.00** The Dog Whisperer (AD) **5.00** Monkey Business **6.00** A Town Called Eureka (AD) **7.00** Stargate SG-1 **8.00** Andromeda **9.00 *New.*** Hawaii Five-0 **10.00** The Force: Manchester (AD) **11.00** Brit Cops: Rapid Response (AD) **12 midnight** Police Force: Australia (AD) **1.00am** as 5am **2.00** Most Shocking **3.00** Hawaii Five-0 **4.00** Motorway Patrol **4.30** Highway Patrol **5.00–6.00am** Road Wars

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes under the Hammer **12 noon** DIY SOS: the Big Build **1.00pm** Bargain Hunt **1.55** Escape to the Country **2.55** Antiques Road Trip **3.50** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes under the Hammer **7.00** Escape to the Country **8.00** Fantasy Homes by the Sea (AD) **9.00** DIY SOS: the Big Build **10.00** Helicopter Heroes **11.00** Cold Justice (AD) **12 midnight** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00–6.00am** The Clothes Show

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am The Great Rod Race **6.20** Total Fishing (AD) **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** as 10pm **11.00** Toy Stories **12.00** Bonneville **1.00pm** Mighty Ships **2.00** as 10pm **3.00** Chasing Classic Cars **4.00** Hitler's Generals **5.00** World War II: the Complete History **6.00** Born Survivor: Bear Grylls (AD) **7.00** Salvage Hunters (AD) **9.00 *New.*** Aussie Gold Hunters **10.00** Wheeler Dealers (AD) **11.00** Destroyed in Seconds **12 midnight** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00–6.00am** Scrapheap Challenge

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase **9.00** Pointless **10.00** Deal or No Deal **11.30** Supermarket Sweep **12 noon** Bruce's Price Is Right **12.30pm** Total Wipeout **1.00** Catchphrase **2.00** Pointless **3.00** The Chase **4.00** The Chase USA (AD) **5.00** Total Wipeout (AD) **6.00** Robot Wars **7.00** Pointless **9.00** The Chase **10.00** Who Wants to Be a Millionaire? **11.00** Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars **5.00–6.00am** Are You Smarter than a Ten Year Old? (AD)

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

9.00am JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12 noon** Star Trek **1.00pm** Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG: Mac escorts a difficult prisoner **6.00pm** Star Trek **7.00** MacGyver **8.00** Star Trek: Deep Space Nine **9.00** NCIS **10.00** Bad Girls: Phyl and Bev escape **11.00** Walker, Texas Ranger **12 midnight** NCIS **2.45am** The Streets of San Francisco: a prisoner gives in to easily **3.40** Walker, Texas Ranger **4.25–6.00am** Flashpoint

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12 noon** Judge Judy **1.00pm** The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI: Crime Scene Investigation **5.00** Judge Judy **6.00** Dr Quinn: Medicine Woman **7.00** Real Rescues **8.00** Judge Judy **10.00** Cheaters **12 midnight** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Real Rescues **2.55** Cops: Reloaded **3.45–5.00am** The High Chaparral

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

7.30am Conversations **8.00** Review **9.00** Long Goodbye? **9.30** BOOKtalk **9.50** EU Referendum **10.45** Financial Stability **1.10pm** Welsh FMQs **2.00** Britain and the EU **2.55** Briefings **3.50** Westminster Hall **5.30** Steel Industry **6.55** EU Referendum **8.55** BOOKtalk **9.10** Briefings **9.55** Rail Passenger Experience **11.10** Conversations **11.55** Ireland: 1916 and Beyond **12.45am** BOOKtalk **1.05** Commons **3.05** Ireland: 1916 and Beyond **3.50–6.50am** Briefings

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

FILM4, Movie Mix, Movies4Men – see today's film listings on p74

MONDAY Satellite & cable

Gone in Sixty Seconds *9.00pm* Angelina Jolie and Nicolas Cage

Ray Donovan *9.00pm* Ray waits for news of Belikov

Criminal Minds *8.00pm* The team gets a cryptic message

John Bishop's Australia *9.00pm* Testing his fitness

One Foot in the Algarve *6.45pm* The Meldrews abroad

Sky1

Sky 106 Virgin 110 HD Virgin 109

6.00am Supergirl (S) (HD) **7.00** The Flash (S) (HD) **9.00** Futurama (S) **10.00** Ninja Warrior (S) **11.00** NCIS: Los Angeles (S) (HD) **12 noon** Hawaii Five-0 (S) (HD) **1.00pm** Supergirl (S) (HD) **2.00** The Flash (S) (HD) **4.00** Modern Family (S) (HD) **5.00** The Simpsons (S) (HD) **5.30** Futurama (S)

6.30pm The Simpsons Lisa starts dating a layabout. **7.00** An episode set 30 years in the future, when divorcee Bart is locked in a custody battle. **7.30** Bart uses voodoo to get his teacher pregnant. (S) (HD)

8.00 David Attenborough's Conquest of the Skies *2/3* Creatures that glide, including the harlequin tree frog. (S) (AD) (HD)

9.00 Gone in Sixty Seconds ★★ Action crime drama starring Nicolas Cage as a former car thief who agrees to come out of retirement in return for the life of his younger brother. (S) (W) (HD)

11.00 Premier League Years Memorable moments from the 2012/13 season. (S) (AD) (HD)

1.00am NCIS: Los Angeles (S) (HD) **2.00** Limitless (S) (AD) (HD) **3.00** Arrow (S) (AD) (HD) **4.00** Road Wars (S) (HD) **5.00–6.00am** Ninja Warrior: double bill (S)

Sky1 +1 Sky 130

Sky Atlantic

Sky 108

6.00am Fish Town (S) (HD) **7.00** Urban Secrets (S) (HD) **8.00** Cold Case (S) (HD) **10.00** The West Wing (S) (HD) **11.00** House (S) (AD) (HD) **12 noon** Without a Trace (S) (HD) **1.00pm** Blue Bloods (S) (AD) (HD) **2.00** Richard E Grant's Hotel Secrets (S) (HD) **3.00** Cold Case (S) (HD) **5.00** The West Wing (S) (HD)

6.00pm House *1/22 Series 1* Pilot episode of the drama. (S) (HD)

7.00 Without a Trace *9/23 Series 3.* A juror vanishes. (S) (HD)

8.00 Blue Bloods *7/22 Series 2* Jackie goes under cover. (S) (AD) (HD)

9.00 ***New.*** **Ray Donovan** *6/12 Series 4.* Ray waits to see if Belikov will be released from prison. (S) (HD)

10.10 ***New.*** **Last Week Tonight with John Oliver** A satirical look at news and pop culture. (S) (HD)

10.45 Vice Principals *2/9.* Gamby and Russell begin their campaign against the new principal. (HD)

11.20 Ballers *2/10 Series 2.* Vernon and Reggie talk money. (S) (HD)

11.55 Ray Donovan As 9pm.

1.05am The Sopranos (S) (HD) **2.10** Cold Case (S) (HD) **3.05** Veep (S) (HD) **4.15** Fish Town (S) (HD) **5.10–6.00am** Urban Secrets: a visit to Dublin (S) (HD)

Sky Atlantic +1 Sky 170

Sky Living

Sky 107 Virgin 112 HD Virgin 111

6.00am UK Border Force (S) (AD) (HD) **8.00** House Hunters International (S) (HD) **9.00** Nothing to Declare (S) (HD) **11.00** RSPCA Animal Rescue (S) (HD) **12 noon** The Biggest Loser: Australia (S) **1.00pm** Million Dollar Listing NYC (S) (HD) **2.00** Criminal Minds (S) (HD) **4.00** UK Border Force (S) (AD) (HD) **5.00** Nothing to Declare (S) (AD)

6.30pm Cooks to Market Chocololo Chocolates goes up against Adesso Oils. (HD)

6.45 ***New.*** **My Kitchen Rules: Australia** More contestants transform their homes into pop-up restaurants. (HD)

8.00 Criminal Minds *9/24 Series 8.* A murderer leaves cryptic messages at two crime scenes. **9.00** *2/22 Series 11.* An LA bus is attacked with deadly gas. **10.00** *3/22.* Brides-to-be in Savannah are being killed. (S) (HD)

11.00 Shades of Blue *4/13* Harlee's attempt to feign co-operation with FBI handler Stahl backfires. (S) (HD)

12 midnight Criminal Minds: double bill (S) (HD) **2.00am** Bones: double bill (S) (AD) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 Sky 122 Virgin 140

W

Sky 109 Virgin 125 BT 311 HD Virgin 191 BT 383

6.10am MasterChef Australia: the Professionals (S) (HD) **8.00** Extreme Makeover: Home Edition (S) **9.00** My Dream Home (S) (HD) **10.00** The Bill (S) **11.00** Tipping Point (HD) **1.00pm** Judge Faith (HD) **2.00** Extreme Makeover: Home Edition (S) **3.00** My Dream Home (S) (HD) **5.00** Tipping Point (HD)

6.00pm Extreme Makeover: Home Edition Helping a man who was paralysed from the shoulders down in a car crash. (S)

7.00 Celebrity MasterChef The hopefuls cook lunch for the staff at the Wellcome Trust charity. (S) (HD)

9.00 John Bishop's Australia *3/3.* The comic pedals his way deep into tropical Australia, where he undergoes a military test. (HD)

10.00 EastEnders Claudette RT encourages a grieving Pam to visit Paul. **See page 67.** Shown 8pm BBC1 (S) (AD) (HD)

10.40 Don't Tell the Bride A groom with a history of reckless spending plans his wedding. (S)

11.40 Russell Howard's Good News The comedian's perspective on the news. From May 2013. (S) (HD)

12.40am EastEnders (S) (AD) (HD) **1.10** Atlantis (HD) **2.50–3.00am** Dynamo: Top Ten Greatest Moments

W +1 Sky 213 Virgin 131

Gold

Sky 110 Virgin 124 BT 310

7.00am Outnumbered (S) (AD) **7.30** The Brittas Empire (S) **8.10** My Hero (S) **8.45** Creature Comforts **9.00** Last of the Summer Wine (S) (AD) **10.55** One Foot in the Grave (S) **12.55pm** Outnumbered (S) (AD) **1.35** The Brittas Empire (S) **2.15** My Hero (S) **2.55** Summer Wine (S) (AD) **4.55** Are You Being Served?

6.45pm One Foot in the Algarve Victor and Margaret encounter more than just sea and sand on a two-week holiday in Portugal. (S)

8.45 Gavin & Stacey The happy couple are welcomed home after their honeymoon. (S) (AD) **9.25** Gavin sets out to help Smithy accept his responsibilities. (S) (AD)

10.05 Little Britain Abroad *1/2* Lou and Andy fly to Walt Disney World and are given a tour of the plane's cockpit. Dafydd visits the Greek island of Mykonos. (S) (AD)

10.45 Fawlty Towers In the first episode of the comedy, Basil tries to upgrade his clientele. (S) (AD)

11.30 Absolutely Fabulous Edina and Patsy head for Provence. (S) (AD)

12.10am Little Britain Abroad (S) (AD) **12.50** The Young Ones (S) **1.35** Cheers (S) **2.05** Bewitched (S) **2.35** Absolutely Fabulous (S) (AD) **3.10–4.00am** The Young Ones (S)

Gold +1 Sky 166 Virgin 190

Sky Arts

Sky 121 Virgin 122 HD Virgin 206

6.00am Peter Ackroyd's Venice (S) (HD) **7.00** In Confidence (S) (HD) **8.00** Tales of the Unexpected (S) **9.00** Inside the Actors Studio (S) (HD) **10.00** Alfie Boe: Storyteller (S) (AD) (HD) **12.15pm** The Lady in Number 6: Music Saved My Life (S) (HD) **1.00** Tales of the Unexpected (S) **2.00** Portrait Artist of the Year 2014 (S) (HD) **3.00** Celtic Woman: a New Journey (S) **4.15** The World of Liberace (S) **5.45** The South Bank Show Originals (S) (HD)

6.15pm The South Bank Show Originals Melvyn Bragg reflects on his 2005 meeting with TV screenwriter Paul Abbott. (S) (HD)

6.45 Hollywood: Singing and Dancing Exploring the 1950s, when Marilyn Monroe took cinemas by storm with her performance in *Gentlemen Prefer Blondes*. (S) (AD)

8.00 Discovering: Anthony Quinn The career of the actor who won Oscars for his roles in *Viva Zapata!* and *Lust for Life*. (S) (HD)

9.00 ***New.*** **Benvenuto Cellini** Terry Gilliam directs an English National Opera production of Berlioz's opera at London's Coliseum, starring Michael Spyres, Corinne Winters and Willard White. (HD)

11.45 Sex & the Silver Screen Hollywood during the 1930s. (S)

1.00am 30 Degrees in February (S) (HD) **2.15** Def Leppard: Viva! Hysteria (S) (HD) **4.00** Trailblazers: Heavy Metal (HD) **5.00–6.00am** Discovering: Anthony Quinn (S) (HD)

Universal

Sky 113 Virgin 137 BT 320

6.00am CSI: Miami (S) (HD) **7.00** Home Shopping **8.00** CSI: Miami (S) (HD) **10.00** Law & Order (S) (HD) **2.00pm** NCIS: four episodes (S) (HD)

6.00pm NCIS *13/19 Series 5.* A navy dog handler suspected of drug smuggling is apparently mauled to death by his own dog. (S) (HD) **7.00** *14/19.* When the FBI investigates the NCIS agents for the murder of an arms dealer, Jenny Shepard becomes the prime suspect. (S) (HD)

8.00 ***New.*** **White Collar** *9/13 Series 5.* The reappearance of a Welsh gold coin leads Peter close to the truth. Meanwhile, Neal and Mozzie plot to steal the stained-glass window. (S) (HD) **9.00** ***New.*** *10/13.* Peter is offered a promotion, but is reluctant to accept until he solves the mystery of Siegel's murder. (S) (HD)

10.00 Motive *4/13 Series 4* An ex-con's body is found near a struggling nightclub, and Flynn thinks the murder may be linked to the venue's troubles. (S) (HD)

11.00 Law & Order: Special Victims Unit *3/24 Series 12* A rape victim claims to have been attacked for a fourth time. (S) (HD)

12 midnight Law & Order: Special Victims Unit (S) (HD) **2.00am** Major Crimes (S) (HD) **3.00** Numb3rs (S) (AD) (HD) **5.00–6.00am** CSI: Miami: an explosion nearly kills Horatio (S) (HD)

Universal +1 Sky 150 Virgin 138

Sky2

Sky 129 Virgin 121

6.00am Stop, Search, Seize (AD) **8.00** 60-Minute Makeover **9.00** Ninja Warrior (S) **10.00** Golf's Funniest Moments (S) **11.00** Monkey Life (S) (AD) **12 noon** Greggs: More than Meats the Pie (S) (AD) **1.00pm** Football's Funniest Moments (S) **2.00** Ninja Warrior (S) **3.00** Relic Hunter (S) **4.00** Coast Guard Alaska (S) **5.00** Stargate SG-1 (S) **6.00pm** Relic Hunter (S) **7.00** A Town Called Eureka (S) **8.00** Arrow (S) (AD) **9.00** Stop, Search, Seize **10.00** Air Ambulance ER (S) **11.00** Bradley Wiggins: the Road to Rio (S) **12 midnight** Chicago Fire (S) **1.00am** as 6am **2.00** Air Ambulance ER (S) **3.00** as 9am **4.00** Nothing to Declare (S) **5.00–6.00am** Andromeda (S)

Syfy

Sky 114 Virgin 135 BT 319 HD Virgin 165 BT 375

6.00am Buffy the Vampire Slayer **8.00** Home Shopping **11.00** Star Trek: Voyager **12 noon** Star Trek: the Next Generation **2.00pm FILM** Mythica: a Quest for Heroes ★★ **4.00 FILM** Asteroid vs Earth ★ **6.00pm** Star Trek: the Next Generation **8.00** ***New.*** Dark Matter **9.00 FILM** Star Trek VI: the Undiscovered Country ★★★★ Sci-fi adventure. **Review page 38** **11.10** Dark Matter **12.10am** Fact or Faked: Paranormal Files: footage of unidentified bipedal creatures **1.10** Star Trek: Voyager **2.10** Star Trek: the Next Generation: double bill **4.10–6.00am** Quantum Leap

Syfy +1 Sky 194 Virgin 136

TLC

Sky 125 Virgin 167 BT 323 HD Virgin 168 BT 377

6.00am Little People, Big World **7.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **11.00** Hoarding: Buried Alive (HD) **12 noon** Extreme Cheapskates (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: the Next Great Baker (AD) (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **8.00** ***New.*** Little People, Big World (HD) **9.00** ***New.*** I Am Jazz (HD) **10.00** Mistresses (HD) **11.00** Sex Sent Me to the ER (HD) **12 midnight** as 8pm **1.00am** as 9pm **2.00** as 10pm **3.00** Extreme Cheapskates (HD) **4.00** as 2pm **5.00–6.00am** as 3pm

TLC +1 Sky 154 Virgin 169

Lifetime

Sky 156 Virgin 208 BT 329 HD Virgin 209 BT 384

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12 noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00** ***New.*** Judge Judy (HD) **8.00** Judge Judy (HD) **9.00** ***New.*** Child Genius US (HD) **10.00** Dance Moms: Abby's Studio Rescue (HD) **11.00** Project Runway (HD) **12 midnight** Child Genius US (HD) **1.00am** as 10pm **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20–6.00am** Hardcore Pawn (HD)

Lifetime +1 Sky 197

Comedy Central

Sky 112 Virgin 132 BT 307 HD Virgin 181 BT 370

8.00am The Middle (S) **9.00** That '70s Show (S) **10.00** Bob's Burgers (S) (HD) **11.00** Friends (S) (HD) **2.00pm** Impractical Jokers (S) (HD) **3.00** Friends (S) (HD) **8.00pm** Impractical Jokers (S) (HD) **9.00** Russell Howard's Good News (S) (HD) **10.00** Impractical Jokers (S) (HD) **11.00** ***New.*** Idiotsitter: Billie gets stressed out about reconnecting with her well-heeled ex-boyfriend (HD) **11.30** Chris Ramsey at the Comedy Store (HD) **12 midnight** Impractical Jokers (S) (HD) **1.00am** South Park (S) (HD) **2.00** Russell Howard's Good News (S) (HD) **3.00** Comedy Central at the Comedy Store (S) (HD) **3.50–5.00am** Two and a Half Men (S) (HD)

Comedy Central +1 Sky 127 Virgin 133

Sony Channel

Sky 157 Virgin 193 BT 331

7.00am 'Til Death **8.00** Soldier Soldier **10.00** Saving Hope **12 noon FILM** Falling in Love with the Girl Next Door ★★ Romantic comedy starring Patty Duke **1.50pm** Movie News **2.00** Saving Hope **3.00** Celebrity Ghost Stories **7.00** Saving Hope: Charlie encounters a woman who is convinced she is dead **8.00** The Night Shift **9.00 FILM** Courage under Fire ★★★ War drama starring Denzel Washington and Meg Ryan **11.20** Satisfaction **12.20am** The Night Shift **1.20** Celebrity Ghost Stories **3.25** Movie News **3.35–4.00am** 'Til Death

Sony TV +1 Sky 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

The Widower *11.00pm* Reece Shearsmith plays a wife-killer

ITV Encore

Sky 123

6.00am The Ruth Rendell Mysteries (S) **6.55** Always and Everyone **7.50** Upstairs, Downstairs (S) **8.50** The Casebook of Sherlock Holmes (S) (HD) **9.55** Heartbeat **11.00** The Grand **12.15pm** Peak Practice (S) **1.20** Robin of Sherwood (S) **2.30** Always and Everyone **3.35** Heartbeat **4.40** Upstairs, Downstairs (S) **5.55** The Casebook of Sherlock Holmes (S) (HD)

7.00pm Agatha Christie's Poirot The Clocks. A murder victim is discovered surrounded by stopped clocks. (S) (AD) (HD) **9.00** A businessman asks Poirot for protection. (S) (AD) (HD)

11.00 The Widower *1/3* Mild-mannered nurse Malcolm Webster sets about poisoning and murdering his first wife, before moving on to a new bride. (S) (AD) (HD)

Malcolm Webster	**Reece Shearsmith**
Claire Webster	**Sheridan Smith**
Lucy	**Fiona O'Carroll**
Janice	**Frances Grey**
Odette Webster	**Dinah Stabb**

12.05am Crime Stories (S) (HD) **1.05** Homefront (S) (AD) (HD) **2.00** Titanic (S) (AD) (HD) **2.55** Kingdom (S) (AD) **3.50** Upstairs, Downstairs (S) **4.50** The Casebook of Sherlock Holmes (S) (HD) **5.45** Movies Now (HD) **5.55–6.00am** Nightscreen (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am The Italian Americans **6.55** The Road from Christ to Constantine **7.50** Britain's Lost Routes with Griff Rhys Jones **9.05** The Road from Christ to Constantine **10.15** Munich '72 and Beyond **11.20** Penn Station: the Rise and Fall **12.30pm** 21st Century Warship **1.40** Britain's Lost Routes with Griff Rhys Jones **2.55** Munich '72 and Beyond **4.05** Penn Station: the Rise and Fall **5.20** 21st Century Warship

6.35pm Britain's Lost Routes with Griff Rhys Jones The journey that Queen Elizabeth I took through the Cotswolds.

7.50 Ebola: Death in a Village A Liberian community's fight to contain the spread of the disease.

9.00 1,000 Days of Fear: the Deadly Race at Los Alamos RT The story of the people who worked on the Manhattan Project and developed the atomic bomb at Los Alamos during the Second World War. **See page 67.**

10.15 Race for the Superbomb *1/2.* The problems faced by the Soviet Union and the US in the race to build the first hydrogen bomb.

11.30 Ebola: Death in a Village As 7.50pm.

12.35am as 9pm **1.40** Race for the Superbomb **2.45** The Road from Christ to Constantine **3.40** Britain's Lost Routes with Griff Rhys Jones **4.40** The Road from Christ to Constantine **5.35–6.00am** Hell on Hooves

New Tricks *9.00pm* Steve and Danny bow out in style

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Diagnosis Murder (S) **8.00** Murdoch Mysteries (S) (HD) **10.00** Sue Thomas: F.B.Eye (S) **11.00** Castle (S) (AD) (HD) **12 noon** Rizzoli & Isles (S) (AD) (HD) **1.00pm** Diagnosis Murder (S) **2.00** Sue Thomas: F.B.Eye (S) **3.00** Murdoch Mysteries (S) (HD) **5.00** Castle (S) (AD) (HD)

6.00pm Rizzoli & Isles *2/15 Series 2.* A heavily pregnant woman serving as a surrogate is murdered. (S) (AD) (HD)

7.00 Crossing Lines *4/10 Series 1* The ICC uncovers a murder ring involving European truck drivers in which a mechanic disables family vehicles in order to force parents to fight each other. (S) (HD)

8.00 Father Brown *9/10 Series 1* The mayor is electrocuted at the Kembleford village fête, and Father Brown suspects he was the victim of a deliberate act. (S) (AD) (HD)

9.00 New Tricks *10/10 Series 12* The unit is told to stop investigating the murder of a political activist 15 years earlier. (S) (AD) (HD)

10.20 Rebus *1/4 Series 1.* Detective Inspector John Rebus goes on the trail of a copycat serial killer. (S)

12.20am Crossing Lines (S) (HD) **1.20** Perception (S) (AD) (HD) **2.15–4.20am** Covert Affairs

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters (AD) **10.00** Battlefield **12 noon** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters (AD) **3.00** Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler's Henchmen

6.00pm Greatest Tank Battles Exploring the events of December 1944, when an SS tank force led Hitler's final offensive in the west.

7.00 Treasure Quest The team investigates the wreck sites of the Second World War in a search for unidentified Nazi submarines.

8.00 War Digs with Harry Harris Searching for the remains of a Lancaster Bomber that was shot down over Europe in 1944.

9.00 Al Murray's Road to Berlin The comedian meets the four surviving crew members of a Second World War Bren gun carrier. **9.30** Al drives through bocage country in Normandy.

10.00 Secrets of the Blitz: Revealed How the public's morale was monitored in Britain's blitzed cities during the Second World War.

11.00 Hitler: Germany's Fatal Attraction Exploring the gradual rise of Hitler in Germany.

12 midnight Battlefield: double bill **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00–6.00am** Weapon Masters (AD)

Discovery History +1 Sky 536 Virgin 263

Tyrant *9.00pm* Is Barry's sway over Abuddin weakening?

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Law & Order: Criminal Intent (HD) **9.00** Medium (S) (HD) **11.00** The Closer (S) (HD) **1.00pm** NCIS (S) (AD) (HD) **3.00** Medium (S) (HD)

5.00pm The Closer *5/15 Series 3.* A man claims to have killed seven people. (S) (HD) **6.00** *6/15.* A personal trainer is murdered in a car park. (S) (HD)

7.00 NCIS *15/24 Series 9.* A navy captain leading a double life as a masked vigilante is killed. (S) (AD) (HD) **8.00** *16/24.* A naval reservist and psychologist is found hanged in his home. (S) (AD) (HD)

9.00 ***New.*** **Tyrant** *2/10 Series 3* Barry discovers that his hold over Abuddin has become tenuous at best, and Molly's visit to a military hospital has severe consequences. (S) (HD)

10.00 Outcast *8/10.* The Rev Anderson finds himself increasingly alienated, and Kyle is subjected to a stunning revelation by Sidney. (S) (HD)

11.00 Family Guy *Series 8.* Peter runs his father-in-law's company. (S) **11.30** Peter hits his head and develops total amnesia. (S)

12 midnight American Dad! (S) (HD) **1.00am** Rick and Morty (HD) **2.00** Family Guy (S) (HD) **4.00–5.00am** American Dad!: double bill (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD) **12 noon** Storage Wars (HD) **1.00pm** Pawn Stars (HD) **3.00** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00pm** American Pickers (HD) **7.00** Storage Wars: double bill (HD) **8.00** Pawn Stars (HD) **9.00** ***New series.*** Pawn Stars: a signed platinum disc from glam metal band Poison (HD) **9.30** Pawn Stars (HD) **10.00** ***New.*** American Pickers (HD) **11.00** ***New.*** Aussie Pickers (HD) **12 midnight** Pawn Stars (HD) **1.00am** American Pickers (HD) **2.00** Storage Wars (HD) **3.00** Pawn Stars (HD) **4.00–5.00am** American Pickers (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: off the Deep End (HD) **12 noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00** Snake Sheila (HD) **5.00** Animal Cops Detroit (AD) **6.00** Flying Wild Alaska (HD) **7.00** Tanked (HD) **8.00** ***New.*** Too Cute! (HD) **9.00** Bondi Vet (HD) **10.00** My Cat from Hell (HD) **11.00** as 9pm **12 midnight** Tanked (HD) 7pm **1.00am** Too Cute! (HD) **2.00** Bondi Vet (HD) **3.00** as 10pm **3.50** Deadliest Catch (AD) **4.40** Whale Wars (HD) **5.30–6.00am** Snow Leopards of Leafy London (HD)

Animal Planet +1 Sky 549 Virgin 258

Mobsteel *10.00pm* Vintage US vehicles get a makeover

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Misfit Garage (HD) **7.00** American Chopper (HD) **9.00** Fast 'n' Loud (S) **11.00** Wheeler Dealers (HD) **1.00pm** Yukon Men (HD) **2.00** Gold Rush (HD) **3.00** Born Survivor: Bear Grylls (AD) (HD) **4.00** MythBusters (AD) (HD) **5.00** Wheeler Dealers (AD) (HD)

6.00pm Fast 'n' Loud Transforming a tired Chevy Kingswood station wagon. (AD) (HD) **7.00** The restoration of a 1968 Shelby Mustang. (AD) (HD)

8.00 ***New.*** **Overhaulin'** Chip Foose and a team of mechanics repair and revamp old vehicles. (HD)

9.00 ***New.*** **Misfit Garage** The team tries to sell the Econoline to Hollywood star Danny Trejo, while Tom takes on a Latino wrestler. (HD)

10.00 ***New series.*** **Mobsteel** The work of a Detroit-based custom car workshop, which specialises in transforming vintage American vehicles into modern-day masterpieces. (HD)

11.00 Fast 'n' Loud Richard Rawlings and Aaron Kaufman take a look at two classic Corvettes. (HD) **12 midnight** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (AD) (HD) **3.00** Misfit Garage (HD) **3.50** Mobsteel (HD) **4.40–6.00am** How It's Made (HD)

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Nazi Megastructures (HD) **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12 noon** Wicked Tuna (HD) **1.00pm** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00** Air Crash Investigation (HD) **5.00** Car SOS (HD) **6.00** Supercars: Ford's Detroit production plant (HD) **7.00** Air Crash Investigation **8.00** Money Meltdown (HD) **9.00** ***New.*** Yukon Gold: Ken's under pressure from home (HD) **10.00** Banged Up Abroad: two Vietnam PoWs (HD) **11.00** Air Crash Investigation (HD) **12 midnight** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00–5.00am** Filthy Riches (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am Life in the Undergrowth (S) (AD) **10.00** as 10pm **11.00** as 5pm **12 noon** Wild Britain with Ray Mears (S) (HD) **1.00pm** Biggest and Baddest (S) (HD) **2.00** Wild Canada (S) (HD) **3.00** as 9pm **4.00** as 10pm **5.00** Nigel Marven's Ugly Animals (S) **6.00** Wild Britain with Ray Mears (S) (HD) **7.00** Biggest and Baddest (S) (HD) **8.00** Wild Canada (S) (HD) **9.00** Life in the Undergrowth (S) (AD) **10.00** Horizon: Do You Know What Time It Is? **11.00** Extreme Fishing with Robson Green (S) **12 midnight** as 5pm **1.00am** as 6pm **2.00** Biggest and Baddest (S) (HD) **3.00** Wild Canada (S) (HD) **3.50** Life in the Undergrowth (S) (AD) **4.35** as 10pm **5.30–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p70

5.40am Angels of Jarm **5.50** Roary **6.00** The WotWots **6.10** Chloe's Closet **6.20** Lily's Driftwood Bay **6.30** Fireman Sam **6.40** Peppa Pig: a parcel arrives from Aunt Dottie **6.45** Bob the Builder **7.00** Little Princess: the princess tries to care for sick animals **7.10** Pip Ahoy! **7.25** Thomas & Friends **7.40** Noddy: Toyland Detective **7.50** Ben and Holly **8.05** Wissper **8.15** Peppa Pig **8.35** Paw Patrol **8.50** Toot the Tiny Tugboat **9.00–9.15am** Bananas in Pyjamas

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** The Furchester Hotel **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** as 1pm **9.10** Bing **9.25** as 1.25pm **9.30** Teletubbies **9.45** as 1.45pm **10.05** as 2.05pm **10.10** as 2.10pm **10.30** as 2.30pm **10.35** as 2.35pm **10.50** Ruff-Ruff, Tweet and Dave **11.05** The Lingo Show **11.15** as 3.15pm **11.20** as 3.20pm **11.25** Get Squiggling! **11.40** Waybuloo **12 noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Old Jack's Boat **12.45** Melody **1.00** Time for School **1.10** Bing **1.25** Wussywat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** The Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa in My Pocket **4.05** Boj **4.15** What's the Big Idea? **4.20** Kazoops **4.30** Nina and the Neurons **4.45** Peter Rabbit **5.00** RT **CHOICE** ***New.*** Tree Fu Tom **See page 67** **5.25** Go Jetters **5.35** Giggleblz **5.50** ***New.*** Nelly & Nora **6.00pm** Clangers **6.10** The Adventures of Abney & Teal **6.20** In the Night Garden… **6.50–7.00pm** CBeebies Bedtime Story: read by Angellica Bell

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.35** Kickabout **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** Newsround **8.25** Diddy TV; Joke Machine **8.45** ***New.*** Odd Squad **9.00** RT **CHOICE** ***New.*** Hacker Time **See p67** **9.30** ***New.*** Just Kidding **9.50** Help! My Mini School Trip Is Magic **10.00** Airmageddon **10.30** So Awkward **11.55** Matilda and the Ramsay Bunch **12.10pm** Next Step **12.35** Operation Ouch! **1.30** Hacker Time **2.00** Airmageddon **2.30** Wild & Weird **2.45** Officially Amazing **3.00** Odd Squad **3.10** Dennis **3.20** Sidekick **3.35** Endangered Species **3.45** ***New.*** Bottersnikes & Gumbles **4.00** Just Kidding **4.20** Newsround **4.30** ***New.*** Taking the Next Step **5.00** Operation Ouch! **5.30** Dumping Ground **6.00pm** ***New series.*** Hacker's Olympic Rundown **6.05** ***New.*** Bottersnikes & Gumbles **6.20** The Deep **6.45** ***New.*** Danger Mouse **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** Next Step **8.25–9.00pm** Dumping Ground

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Monsuno **6.20** Signed Stories **6.30** Dino Dan **7.15** Oddbods **7.25** Grizzly Tales **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds Are Go **9.25** Oddbods **9.30** ***New.*** What's New Scooby-Doo?: mystery-solving capers **10.00** Mr Bean **11.00** Horrid Henry **12 noon** Nerds & Monsters: animated comedy **12.30pm** Looped **1.00** Mr Bean **2.00** Horrid Henry **3.00** Thunderbirds Are Go **3.30** What's New Scooby-Doo? **3.55** My Parents Are Aliens: triple bill of the comedy-drama **5.05** Fort Boyard Ultimate Challenge **6.00pm** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds Are Go **8.55–9.00pm** Signed Stories

Money Paul Lewis on the costs of going overdrawn Your RT P139

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Midnight Special ★★★★ *iTunes*

From writer/director Jeff Nichols comes this enigmatic fantasy, in which Michael Shannon is on the run with his gifted eight-year-old son (Jaeden Lieberher) who is being hunted by a Bible Belt cult that have hailed him as a messiah. It boasts Nichols's own brand of indie-edged quirkiness and builds slowly through wrenching family drama to imaginative sci-fi, sustained as much by heart and emotion as thrilling special effects. **ALAN JONES**

Netflix newbie

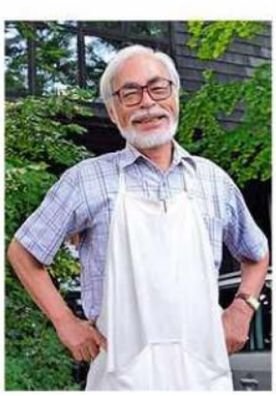
Brooklyn ★★★★ *Netflix*

New to stream is this sweet tale of a woman torn between two worlds. Adapted by Nick Hornby from the novel by Colm Toibin, it stars Saoirse Ronan as a young Irish woman living in New York in the 1950s who finds romance with an Italian-American (Emory Cohen). But when tragedy strikes back home, her loyalties are divided. It breaks no bounds, but will have old softies everywhere shedding tears of joy and sadness. **DAVE ALDRIDGE**

What's in a name?

P The Kingdom of Dreams and Madness
★★★ *1.20am*
Film4 FREEVIEW

A lively documentary (see review, p38) following Studio Ghibli animators. Incidentally, the name Ghibli comes from the sirocco, a Mediterranean wind, the idea being that they would "blow a new wind through the anime industry". **TONY PETERS**



FREEVIEW

Film4 15

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 **HD Virgin** 429

11.00am Inspector Gadget ★ Comedy adventure. Matthew Broderick (1999, U) (S) **12.40pm Bugsy Malone ★★★★** Spoof musical. Scott Baio (1976, U) (S) (AD) **2.30 Magic in the Water ★★★** Fantasy adventure. Mark Harmon (1995, PG) (S)

4.40pm Mirror Mirror ★★ Shallow mockery of the Snow White fairy tale. Lily Collins, Julia Roberts, Armie Hammer (2012, PG) (AD)

6.45 The School of Rock ★★★★ Upbeat tale about an out-of-work guitarist who passes himself off as a supply teacher at a posh school. Jack Black (2003, PG) (S) (AD)

9.00 Red 2 ★★★ The retired secret agents must stop a nuclear threat in this action comedy sequel that slightly improves upon the original. Bruce Willis, John Malkovich, Anthony Hopkins (2013, 12) (S) (AD)

11.15pm Requiem for a Dream ★★★★ Powerful drama. Ellen Burstyn, Jared Leto (2000, 18) **1.20–3.45am P The Kingdom of Dreams and Madness ★★★** Documentary. **Review, p38; Choice, left.** Hayao Miyazaki, Toshio Suzuki (2013, PG)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix 32

Freeview 32

9.00am The Great Ghost Rescue ★★★ Fantasy comedy. (2011, PG) **11.00 Time Runners ★★** Sci-fi thriller. (2013, PG) **1.00pm Killer Bees ★** Horror. C Thomas Howell (2002) **3.00 Loyal Opposition: Terror in the White House ★★** Action thriller. Joan Van Ark (1998) **5.00 One Fine Day ★★★** Romantic comedy. **Film of the Day, p38.** Michelle Pfeiffer, George Clooney (1996, PG)

7.15pm The Accidental Husband ★★ Uma Thurman plays a lovesick talk-show host in this romantic comedy. Colin Firth, Jeffrey Dean Morgan, Sam Shepard, Isabella Rossellini (2008, 12)

9.00 Zero Tolerance ★★ Robert Patrick gives his all as an FBI agent who takes the law into his own hands in this crime thriller. Titus Welliver, Mick Fleetwood (1994, 18)

11.00 Puncture Wounds ★★ A showcase for the moves of mixed martial arts star Cung Le, who is here pitted against Dolph Lundgren's crime lord. (2014, 15)

12.55am Wind Chill ★★★ Horror thriller. Emily Blunt, Ashton Holmes (2007, 15) **2.50** Movie News **3.00 Bending All the Rules ★★** Romantic comedy. Bradley Cooper, Colleen Porch, David Gail (2002, 15) **4.45** Movie News **4.55–6.00am** Highway to Heaven: TV series starring Michael Landon

Movies4Men 48

Freeview 48 **Freesat** 304 **Sky** 325

6.00am Lady Luck ★★ Comedy. Robert Young (1946) **7.50 My Boyfriend's Back ★★★★** Drama. Sandy Duncan (1989, PG) **9.40 Return of the Bad Men ★★** Western. Randolph Scott (1948) **11.25** Cimarron Strip: The Judgement **1.00pm Buck and the Preacher ★★★** Western. Sidney Poitier, Harry Belafonte (1972, PG) **3.10** Doc West: western mini-series

7.10pm Durango Is Coming, Pay or Die ★★ Muscular Brad Harris takes revenge on the banker who double-crossed him in this spaghetti western. (1971)

9.00 The Gunslingers ★ A bounty hunter becomes embroiled in a search for a hoard of gold in this western. John Elliott (2009, 15)

10.50 Don't Wait, Django...Shoot! ★★ Sean Todd (aka Ivan Rassimov) takes over from Franco Nero in this spaghetti western that adds a revenge plot to all the familiar ingredients. (1967)

12.30am The Price of Power ★★★ Intriguing spaghetti western. Giuliano Gemma (1969, 15) **2.40–4.00am Stranger on Horseback ★★★** Western. Joel McCrea (1955, PG)

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 **HD Virgin** 431

6.00am P Infini As 9.45pm **8.00** Finding Pixar: Special **8.30 The** As 8pm **10.15** As 4.15pm **12 noon** As 6pm **2.00pm Hyena Road ★★** War drama. Rossif Sutherland, Paul Gross (2015, 15) **4.15 The Good Dinosaur ★★★★** Animation. **Choice, p54.** Raymond Ochoa, Jack Bright (2015, PG)

6.00pm The Man from UNCLE ★★ Frantic makeover of the 60s spy show. Henry Cavill, Armie Hammer (2015, 12)

8.00 The Perfect Guy ★★★ Effective mix of romance with home-invasion thriller. **Choice, p64.** Sanaa Lathan, Michael Ealy, Morris Chestnut (2015, 15)

9.45 P Infini ★★ Aussie sci-fi yarn. Daniel MacPherson (2014, 15)

11.45 Bad Blood ★★ Thriller about two sisters trapped in a criminal underworld. Abigail Breslin (2014, 15)

1.20am Narcopolis ★ Cheap and not-so-cheerful sci-fi thriller. Elliot Cowan (2014, 15) **3.05 Hyena Road** As 2pm **5.10** The Top Ten Show **5.30** Ghostbusters: Special

Premiere +1 **Sky** 302 **Virgin** 402

Spies

Sky 304 **Virgin** 404 **BT** 508 **HD Virgin** 434

6.00am As 5.45pm **8.15** Fast & Furious 7 Special **8.45 xXx: the Next Level ★★** Spy action thriller. Ice Cube, Willem Dafoe (2005, 12) **10.40** The Top Ten Show **10.55** As 8pm **12.55pm** As 10pm **3.35 The Sum of All Fears ★★★** Political action thriller. Ben Affleck, Morgan Freeman (2002, 12)

5.45pm Enemy of the State ★★★★ A lawyer goes on the run in this tense conspiracy thriller. Will Smith, Gene Hackman, Jon Voight (1998, 15)

8.00 Spooks: the Greater Good ★★ Watchable spin-off from the hit BBC TV series. Peter Firth, Kit Harington, Jennifer Ehle, Elyes Gabel (2015, 15)

10.00 Inception ★★★★ Inventive psychological thriller from director Christopher Nolan. Leonardo DiCaprio, Joseph Gordon-Levitt (2010, 12)

12.30am xXx: the Next Level As 8.45am **2.25 The Sum of All Fears** As 3.35pm **4.40** The Top Ten Show **5.00** Ant-Man: Behind the Scenes **5.30** Fast & Furious 7 Special

Comedy

Sky 308 **Virgin** 408 **BT** 506 **HD Virgin** 438

6.00am The Bad News Bears ★★★ (1976, PG) **7.50 Romancing the Stone ★★★★** (1984, 12) **9.40 The Jewel of the Nile ★★★★** (1985, PG) **11.30 Romy and Michele's High School Reunion ★★★** (1997, 15) **1.10pm Nacho Libre ★★★** (2006, 12) **2.50 This Is Where I Leave You ★★★** (2014, 15)

4.40pm And So It Goes ★★ So-so romantic comedy drama. Michael Douglas, Diane Keaton (2014, 12)

6.20 The Cable Guy ★★★ Dark comedy. Jim Carrey, Matthew Broderick (1996, 12)

8.00 Unfinished Business ★★ Wild comedy. Vince Vaughn (2015, 15)

9.40 Bad Bromance ★★★ Edgy comedy. Jack Black, James Marsden (2015, 15)

11.30 Ali G indahouse ★★★ Enjoyable comedy. Sacha Baron Cohen, Michael Gambon, Charles Dance, Kellie Bright (2002, 15)

1.05am Kiss Kiss Bang Bang ★★★★ Comedy thriller. Robert Downey Jr (2005, 15) **2.55 The Rocky Horror Picture Show ★★★★** Musical satire. Tim Curry (1975, 15) **4.45 Trail of the Pink Panther ★** Comedy. (1982, PG)

Hits

Sky 303 **Virgin** 403 **BT** 504 **HD Virgin** 433

7.05am Harry Potter and the Philosopher's Stone As 2.40pm **9.40 Interstellar** As 8pm **12.30pm Annie ★★** Musical. Jamie Foxx, Quvenzhané Wallis, Cameron Diaz (2014, PG) **2.40 Harry Potter and the Philosopher's Stone ★★★★** Fantasy adventure. Daniel Radcliffe (2001, PG)

5.15pm Harry Potter and the Chamber of Secrets ★★★★ Marvellously atmospheric second instalment in the franchise. Daniel Radcliffe, Rupert Grint, Emma Watson (2002, PG)

8.00 Interstellar ★★★★ Astronauts enter a wormhole to save the Earth in this breathtaking sci-fi epic. Matthew McConaughey (2014, 12)

10.50 Die Hard 4.0 ★★★★ Thoroughly entertaining action thriller. Bruce Willis, Timothy Olyphant (2007, 12)

1.05am Black Sea ★★★★ Smartly handled submarine adventure. Jude Law (2014, 15) **3.10 Let's Be Cops ★★** Action comedy. Damon Wayans Jr, Jake Johnson (2014, 15) **5.05 Annie** As 12.30pm

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 **HD Virgin** 437

6.00am As 10.10pm **7.45 Snakes on a Plane ★★** Horror. Samuel L Jackson (2006, 15) **9.35 In the Line of Fire ★★★★** Thriller. Clint Eastwood (1993, 15) **11.45** As 8pm **1.55pm Crimson Tide ★★★★** Thriller. Denzel Washington (1995, 15) **4.05 Seventh Son ★★** Fantasy adventure. Jeff Bridges (2014, 12)

6.00pm The Day the Earth Stood Still ★★ Passable sci-fi drama. Keanu Reeves, Jennifer Connelly (2008, 12)

8.00 Ant-Man ★★★ Light-hearted comic-book adventure. Paul Rudd, Michael Douglas, Evangeline Lilly (2015, 12)

10.10 Into the Storm ★★★ White-knuckle adventure. Richard Armitage, Sarah Wayne Callies, Matt Walsh (2014, 12)

11.50 AVP: Alien vs Predator ★★★ Fast-paced sci-fi action thriller. Sanaa Lathan, Lance Henriksen (2004, 15)

1.45am Underworld ★★ Gothic horror. Kate Beckinsale, Bill Nighy (2003, 15) **4.00 Jaws 2 ★★** Action adventure. Roy Scheider, Lorraine Gary (1978, PG)

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 **HD Virgin** 439

6.10am The Temp ★★ Thriller. (1993, 15) **7.55 Assault on Precinct 13 ★★★** Thriller. Ethan Hawke (2005, 15) **9.45** As 5.05pm **11.35** As 6.55pm **1.40pm The Runner ★★** Drama. Nicolas Cage (2015, 15) **3.15 Montana ★★** Thriller. Lars Mikkelsen (2014, 15) **5.05 Son of a Gun ★★★** Drama. Ewan McGregor (2013, 15)

6.55pm Southpaw ★★★ Visceral drama about a boxer fighting to keep his personal life from falling apart. Jake Gyllenhaal (2015, 15)

9.00 The Departed ★★★★ Superb, Oscar-winning crime drama from Martin Scorsese. Leonardo DiCaprio, Matt Damon (2006, 18)

11.35 A History of Violence ★★★★ David Cronenberg's dark and relentlessly gripping thriller. Viggo Mortensen, Maria Bello, Ed Harris (2005, 18)

1.15am Bad Karma ★★ Crime thriller. Ray Liotta, Dominic Purcell (2012, 15) **2.45 Assault on Precinct 13** As 7.55am **4.45 Point Last Seen ★★★** Suspense thriller based on a true story. Linda Hamilton, Mary Kay Place (1998)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.05am Cinderella II: Dreams Come True ★★ (2002, U) **7.25** As 3.15pm **8.35** As 4.30pm **10.25 Cars 2** ★★★ Animation. (2011, U) **12.15pm** As 6.20pm **1.55 Piglet's Big Movie** ★★★ Animation. (2003, U) **3.15 Dumbo** ★★★★★ Animation. (1941, U) **4.30 Tangled** ★★★★ Animation. (2010, PG)

6.20pm Aladdin ★★★★★ Robin Williams steals the show as the voice of the Genie in this delightful animated adventure. (1992, U)

8.00 The Jungle Book ★★★★★ Timeless animated adaptation of Kipling's classic tale. **Gold medal movies, p34.** Phil Harris (1967, U)

9.30 Freaky Friday ★★★ Brisk body-swap comedy. Jodie Foster (1976, U)

11.15 The Black Cauldron ★★★ Tolkien-like animated fantasy. (1985, U)

12.45am Teacher's Pet ★★★ Animation. (2004, U) **2.10 Piglet's Big Movie** As 1.55pm **3.35 Cinderella II: Dreams Come True** As 6.05am **5.00 Cinderella III: a Twist in Time** ★★ Animation. (2007, U)

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.40am Lost & Found ★★ Adventure. Justin Kelly, Benjamin Stockham (2015) **8.20 The Mask** As 4.10pm **10.10 Charlie and the Chocolate Factory** As 6pm **12.10pm Into the Woods** As 8pm **2.20 Jumanji** As 10.10pm **4.10 The Mask** ★★★★★ Fantasy comedy. Jim Carrey, Cameron Diaz (1994, PG)

6.00pm Charlie and the Chocolate Factory ★★★ Colourful fantasy adventure. Johnny Depp, Freddie Highmore (2005, PG)

8.00 Into the Woods ★★★ Magical fairy-tale musical. Meryl Streep, Johnny Depp, Emily Blunt (2014, PG)

10.10 Jumanji ★★★★ Two children free Robin Williams and a host of marauding wildlife from a board game in this exhilarating fantasy adventure. (1995, PG)

12 midnight Lost & Found As 6.40am **1.40am Lassie** ★★★★ Period adventure. Peter O'Toole, Samantha Morton, John Lynch (2005, PG) **3.25 Toys** ★★ Comedy fantasy. Robin Williams, Michael Gambon (1992, PG) **5.30** Finding Pixar

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

6.30am Lovesick ★★ Comedy. (2014) **8.10 A Streetcar Named Desire** ★★★★★ Drama. Vivien Leigh (1951, 12) **10.20 Coyote Ugly** ★★ Drama. Piper Perabo (2000, 12) **12.10pm Pride & Prejudice** ★★★★ Drama. Keira Knightley (2005, U) **2.25 John Tucker Must Die** ★★ Comedy. Jesse Metcalfe (2006, 12)

4.05pm Ashby ★★ Curious comedy drama. Mickey Rourke (2015, 15)

5.55 Men, Women & Children ★★★ Ambitious ensemble drama. Adam Sandler, Rosemarie DeWitt (2014, 15)

8.00 Woman in Gold ★★★ Helen Mirren elevates this sentimental true-life drama. (2015, 12)

10.00 Moulin Rouge! ★★★★ Opulent, multilayered musical drama from Baz Luhrmann. Nicole Kidman, Ewan McGregor, John Leguizamo (2001, 12)

12.15am Birth ★★★★ Spellbinding drama. Nicole Kidman (2004, 15) **2.05 Rain Man** ★★★★★ Drama. Dustin Hoffman, Tom Cruise (1988, 15) **4.25 Blue Hawaii** ★★★ Musical comedy drama. Elvis Presley (1961, PG)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.00am The Pyramid ★★ Horror. Ashley Hinshaw (2014, 15) **7.45** As 5.45pm **9.35 Journey to the Center of the Earth** ★★★★ Sci-fi adventure. James Mason (1959, U) **12 noon** As 7.30pm **1.30pm** As 9pm **3.45** The Top Ten Show **4.00** As 11.15pm **5.45 Solaris** ★★★ Sci-fi drama. George Clooney (2002, 12)

7.30pm The Gallows ★ A freak accident haunts a high school in this "found footage" shocker. Reese Mishler, Pfeifer Brown (2015, 15)

9.00 Dawn of the Planet of the Apes ★★★★ This action adventure sequel is an epic tale of betrayal, deception and brutality. Jason Clarke, Gary Oldman, Andy Serkis (2014, 12)

11.15 Annabelle ★★ Spin-off from horror *The Conjuring*. Annabelle Wallis, Ward Horton, Tony Amendola (2014, 15)

1.00am The Pyramid As 6am **2.35 Bound to Vengeance** ★★ Horror thriller. Tina Ivlev, Richard Tyson (2015, 18) **4.00 Journey to the Center of the Earth** As 9.35am

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.00am The Face of an Angel ★★★★ Drama. Daniel Brühl (2014, 15) **7.50 Dead Calm** ★★★★ Thriller. Sam Neill (1988, 15) **9.35 Charlie Wilson's War** ★★★★ Drama. Tom Hanks (2007, 15) **11.25 Cake** ★★ Drama. (2015, 15) **1.15pm The Bridge on the River Kwai** ★★★★★ War drama. Alec Guinness (1957, PG)

4.00pm Flags of Our Fathers ★★★ Clint Eastwood's Second World War epic. Ryan Phillippe, Jesse Bradford, Adam Beach, John Benjamin Hickey (2006, 15)

6.15 White Bird in a Blizzard ★★★ Dreamy, sexually charged drama. Shailene Woodley, Eva Green (2014, 15)

8.00 Election ★★★★ Astute, dark and very funny comedy. Matthew Broderick, Reese Witherspoon (1999, 15)

10.00 Hustle & Flow ★★★ Urban drama. Terrence Howard (2005, 15)

12 midnight Four Corners ★★★ Crime drama. Brendon Daniels (2013, 15) **2.05am Klute** ★★★★★ Thriller. Jane Fonda, Donald Sutherland (1971, 18) **4.05 The Bridge on the River Kwai** As 1.15pm

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

6.10am Hollywood's Best Film Directors **6.50 The Plunderers** ★★ Western. (1948, U) **8.45 Vengeance Valley** ★★★ Western. (1951, PG) **10.25 The Searchers** ★★★★★ Classic western. John Wayne (1956, U) **12.50pm** Kung Fu **3.00 The Bounty Hunter** ★★★ Western. Randolph Scott (1954, PG)

4.35pm Knights of the Round Table ★★★ Glossy period adventure. Robert Taylor, Ava Gardner (1953, PG)

6.55 The Wizard of Oz ★★★★★ Fabulous fantasy classic. **Gold medal movies, p34.** Judy Garland (1939, U)

9.00 Outbreak ★★★★ Fast-paced thriller. Dustin Hoffman, Rene Russo, Morgan Freeman, Cuba Gooding Jr (1995, 15)

11.30 Fire Down Below ★★ Forgettable action adventure. Steven Seagal, Marg Helgenberger, Stephen Lang (1997, 18)

1.30am Conspiracy Theory with Jesse Ventura **3.15** Hollywood's Best Film Directors

TCM +1 Sky 318 Virgin 417

SPORT Choices

Speedway *7.30pm* ***Sky Sports 1*** Coventry Bees v Swindon Robins provides tonight's high-speed, high-risk entertainment. Australian Jason Doyle is number one for Swindon and is a top rider globally. He's in contention for the ongoing World Championship and has enjoyed a rich haul of points for his British team this year. Coventry have struggled for consistency and are running out of time to make up ground in the Elite League table, while the Robins have a better shout for the play-offs. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold **7.00** Wrestling **8.00** Premier League 100 Club (AD) **8.30** Premier League Years **10.30** Great Sporting Moments **11.00** Goals on Sunday: Saturday's football action **12.30pm Football Gold** **2.00 Premier League Years** (AD) **4.00 Premier League 100 Club** The best of Robbie Fowler's 162 Premier League goals. (AD) **4.30 Sporting Triumphs** Glenn McCrory looks back at winning the IBF World cruiserweight title. **5.30 Football Gold** **6.00 Soccer AM** Helen Chamberlain and John Fendley host the weekly collection of football-themed competitions and guests. **7.30 LIVE Speedway** Coventry Bees v Swindon Robins, Elite League racing at Brandon Stadium. **9.30 Scottish Football** **10.00 More than a Game** Muhammad Ali's refusal to join the US Army and fight in Vietnam. **10.30 Great Sporting Moments** **11.00 Premier League Legends** **11.30 Super League Fulltime** **12 midnight** Speedway: Coventry Bees against Swindon Robins **2.00am** Football Gold **2.30** Scottish Football **3.00** Premier League Legends **4.00–6.00am** Premier League Years (AD)

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Test Cricket **9.00** Cricket's Greatest (AD) **11.00** Test Cricket **1.00pm** Cricket's Greatest (AD) **2.00** Test Cricket **4.00** Cricket's Greatest (AD) **5.00** Test Cricket **7.00 LIVE Twenty20 Cricket** Coverage of the opening quarter-final in this year's T20 Blast competition. **10.45** Sporting Triumphs **11.00** Cricket's Greatest (AD) **12 midnight** Twenty20 Cricket **3.45am** Sporting Triumphs **4.00–6.00am** Cricket's Greatest (AD)

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

6.00am Classic Premier League **12 noon** Community Shield Football **1.30pm** League Cup Finals **2.00** Rugby Sevens **5.00** The 16th Man: documentary (AD) **6.00** Global Goals **6.15** Scottish Football **6.45** Non-League Football **7.15 LIVE German Football** VfB Stuttgart against St Pauli in Bundesliga 2 (kick-off **7.15**). **9.15** Global Goals **9.30** Classic Premier League **2.30am** Scottish Football **3.00** Angling **4.00** Rugby Union **4.30** Scottish Football **5.00–6.00am** League Cup Finals

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Darts Gold (AD) **7.30** Boxing Gold **8.00** Major League Soccer **10.00** Sporting Heroes (AD) **11.00** Racing News **11.30** Sporting Greats (AD) **12 noon Major League Soccer** **4.00pm Darts Gold** (AD) **4.30 NRL – the Rookie Final** **6.00 Darts Gold** (AD) **6.30 Sporting Greats** Lester Piggott's glittering career. (AD) **7.00 Sporting Heroes** An interview with the 1964 Olympic long jump champion, Mary Rand. (AD) **8.00 NRL – the Rookie Final** The climax of the reality show. **9.30 Super League Fulltime** **10.00 Sporting Heroes** (AD) **11.00 Scottish Football** **11.30 Major League Soccer** **5.30–6.00am** Sporting Greats (AD)

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am PGA Tour Classic **7.00** European Tour Golf **8.00** US Tour Golf: the Travelers Championship **1.00pm** European Tour Golf **2.00** Time of Our Lives (AD) **3.00** PGA Tour Classic **4.00** European Tour Golf **5.00** Sporting Rivalries (AD) **6.00** European Tour Golf **7.00** US Tour Golf **8.00** PGA Tour Classic **9.00** European Tour Golf **10.00** US Tour Golf **11.00** PGA Tour Classic **12 midnight** European Tour Golf **1.00am** US Tour Golf **2.00** Wonderful World of Golf (AD) **3.30** European Tour Golf **4.30** US Tour Golf **5.30–6.00am** Sporting Rivalries (AD)

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.00am World Sport **6.30** Angling **7.00** Non-League Football: Maidstone United v York City **8.30** Scottish Football: St Johnstone v Aberdeen **10.00** Brazilian Football **11.30** World Sport **12 noon** Australian Rules Football: triple bill. Richmond v Collingwood; **2.00pm** Sydney Swans v Port Adelaide; **4.00** Western Bulldogs v North Melbourne **6.00pm** Judo: the Grand Slam event in Tyumen, Russia **6.30** Angling **8.00** Brazilian Football: Palmeiras v Vitoria in Sao Paulo **9.30** Rugby Sevens **12.30am** Non-League Football **1.00–6.00am** French Football

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.20am Going for Gold **7.25** Cycling **8.55** Going for Gold **9.00** Football's Greatest **10.00** Motor Racing **11.00** British Superbikes **12.30pm** Motocross **1.35** Eurosport News **1.40** Going for Gold **1.50** Football's Greatest **2.50** Cycling **4.20** Tennis **5.55** Eurosport News **6.00** Going for Gold **6.15** Motorcycling **6.30** Motor Racing **7.30** Speedway **8.30** Motocross **9.00** British Superbikes **11.00** Motorcycling: the Southern 100 **12 midnight** Motor Racing **1.00–1.05am** Eurosport News

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am French Football **10.00** Non-League Football **10.30** Football: West Ham United v Juventus **12 noon** Sport in Focus: Farewell Boleyn **12.45pm** Last Week, This Week **1.00** Premiership Rugby **1.30** Non-League Football: Maidstone United v York City **3.00** Football: West Ham United v Juventus **4.30** Community Shield Football: Leicester City v Manchester United **6.00** Premier League Football: Aston Villa v Chelsea from last season **7.30** French Football: Ligue 1 games of last season **11.30** German Football: VfB Stuttgart v St Pauli **12.30am** One Day in May: Gabby Logan looks back at the Bradford City fire (AD) **2.00** Football **3.30** Non-League Football **4.00–6.00am** Global Goals

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Players **8.00** Football's Greatest Managers (AD) **9.00** Sporting Greats (AD) **10.00** Spanish Football Gold (AD) **11.00** Football's Greatest Players **2.00pm Football's Greatest Managers** Ferguson and Paisley. (AD) **3.00 Spanish Football Gold** (AD) **4.00 Football's Greatest Managers** The careers of Giovanni Trapattoni and Fabio Capello. (AD) **5.00 Wrestling** WWE Raw. **7.00 Major League Soccer** **9.30 Football's Greatest Managers** Giovanni Trapattoni. (AD) **10.00 Wrestling** WWE grappling. **1.00am LIVE** Wrestling: WWE Raw coverage from the States with the over-the-top stars, featuring the likes of Randy Orton and John Cena **4.15** Wrestling **4.30–6.00am** Football's Greatest Managers (AD)

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

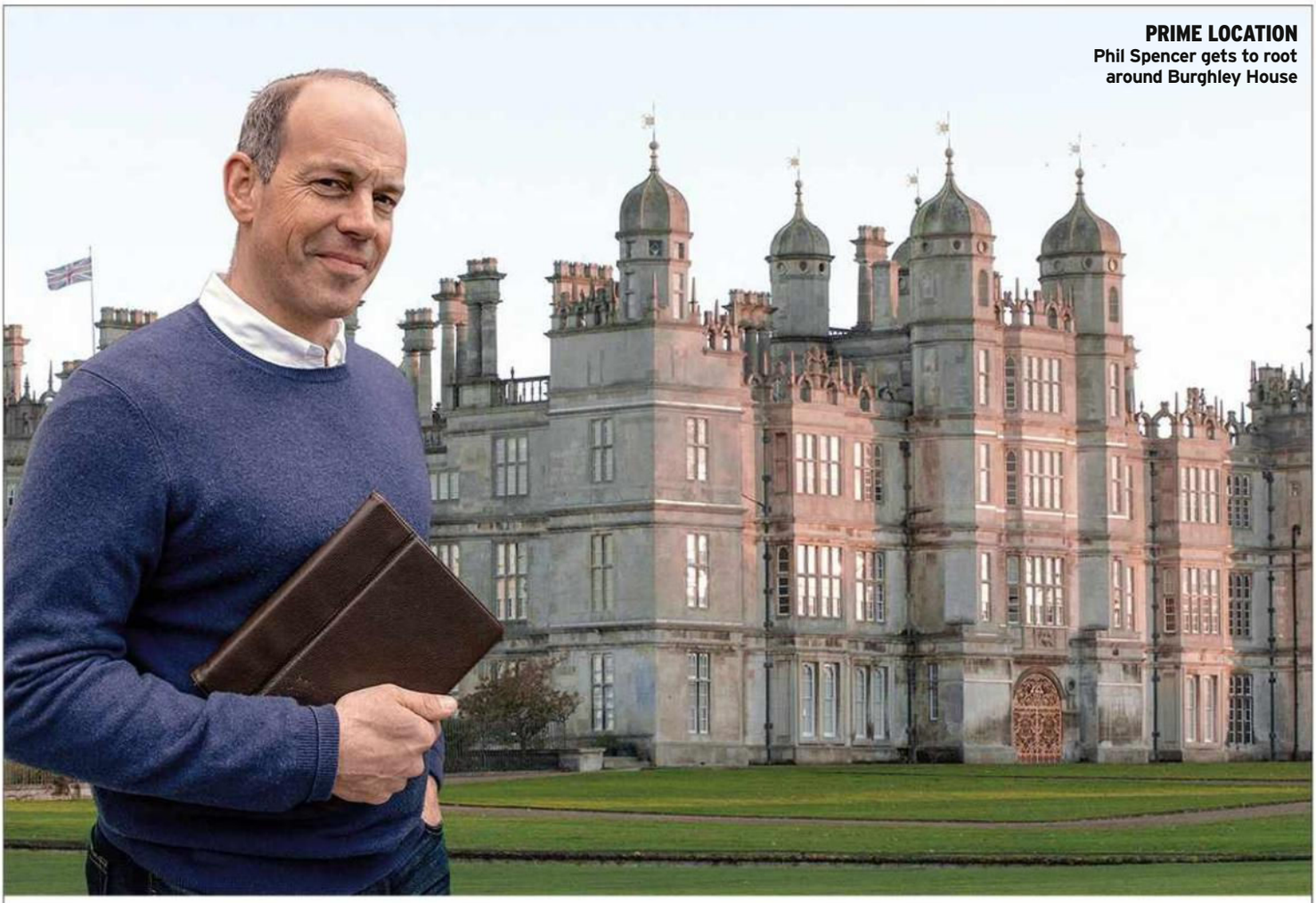
5.15am LIVE Test Cricket Sri Lanka v Australia, the fifth and final day of the Second Test at Galle. **7.30** Triathlon **8.00** Watts **8.10 LIVE Test Cricket** Sri Lanka against Australia, afternoon session on day five of the Second Test. **10.10** News **10.25** Going for Gold **10.30 LIVE Test Cricket** The concluding overs of the Second Test between Sri Lanka and Australia. **12.30pm** Motor Racing: World Touring Cars **1.55** Eurosport News **2.00** Speedway **3.00** Motocross **4.00** Motorcycling **5.00** British Superbikes **6.00** Isle of Man TT **8.00** Eurosport News **8.05** Going for Gold **8.10** Cycling **9.10** Tour de France **10.10** News **10.15** Tennis **11.45** Going for Gold **11.50** Triathlon: Challenge Wanaka **12.30–6.00am** Eurosport News

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am American Football **1.30pm** Major League Baseball **5.30** World Sport **6.00** Drag Racing **8.30** Major League Baseball: Los Angeles Dodgers v Boston Red Sox **11.30** American Football **12 midnight LIVE Major League Baseball** Miami Marlins v San Francisco Giants (start **12.10am**), a National League game. **3.00am** Boxing **5.00–6.00am** Major League Baseball

Travel Magnificent marine life in the Highlands Your RT P144



PRIME LOCATION
Phil Spencer gets to root around Burghley House

PICK OF THE DAY **Phil Spencer's Stately Homes** *9.00pm* ***More4***

PROPERTY ***New series*** On a perambulation around the magnificent rooftop of the sumptuous Elizabethan mansion Burghley House, in Lincolnshire, Phil Spencer's attention is drawn to a proud stone lion. A *very* proud stone lion, and he can't resist a bit of a giggle with his architectural historian guide: "He's quite an excited lion, very pleased with himself."

So you can probably tell this isn't any kind of po-faced David Starkey examination of Elizabethan history, it's a jaunt around a lovely house, with history-morsels thrown in for sustenance. But it's a nice piece of escapism, if you've ever fancied living in a 115-room home.

Burghley was the dynastic seat of Queen Elizabeth I's closest friend and adviser, William Cecil. The current occupants allow Spencer to snoop around and to take a look at the most splendid family archive.

On Channel 4 at 8pm, Spencer is back with the day job, in a new series of *Location, Location, Location*. **ALISON GRAHAM**

Red Rock

1.45pm ***BBC2***

DAYTIME CHOICE We all knew it would only be a matter of time in the Irish soap before Conor Tyrell's drug addiction would be discovered. But the way his mum Sergeant Angela Tyrell finds out is very painful. Her husband Tommy is blasé at first: "I seem to remember you had the odd toke before you became Juliet Bravo," he jokes.

Katie is determined to go to Britain for an abortion even though her dad has taken her passport from her, and Paudge gets so deep into debt he does something desperate that he's going to regret. Meanwhile, Gardai Adrijan and Sean stop a car that's gone through a red light, with shocking consequences.
JANE RACKHAM

Emmerdale

7.00pm ***ITV***

SOAP When it comes to the feedback I get from *Emmerdale* fans, two surprising names top the list. No, it's not Aaron and Robert. And it's not Cain and Moira, either. It's actually Zak and Lisa – and the question I get asked is: when are they getting back together? By my reckoning, nobody at home wanted them to split up in the first place. But having had Zak go off with Joanie, the writers obviously feel the need to show that they believe in their storyline choices. Hence Zak and Joanie's wedding in this evening's hour-long episode.

But with Zak having done a Ross from *Friends* and said Lisa's name (on the night before, rather than at the altar), it looks like the nuptials are in jeopardy. **DAVID BROWN**

EastEnders

7.30pm ***BBC1***

SOAP It's a sight we never thought we'd see: Ian standing up to the Mitchells. Twenty years ago, it wouldn't have been thought possible, the threat of yet another bog wash being enough to deter Ian from confrontation. But here he is, refusing to help Grant and seeking out Phil for a word. Good on you, Beale. And the surprises keep coming: by the end of tonight's episode, Phil will be seen reaching out to the brother with whom he's constantly at war – but what reception will he get from Grant?

In other Mitchell-related news, Ben assures the family that he's going to leave finding Paul's killers to the police. But is he really going to give up so quickly? **DB**

Inside the Factory

8.00pm ***BBC2***

DOCUMENTARY Gregg Wallace, in a hairnet and totally unnecessary ear defenders (we need the protection, not him) yells his way through another noisy, over-excited look at food production.

"MATE! THAT'S WHAT IT TAKES TO GIVE US BEANS ON TOAST?" Yes mate, it is, as he visits Heinz's Wigan production plant, which can process up to three million cans of baked beans a day. Wallace watches, and COMMENTS ON, every step of the remarkably quick process.

It's actually fascinating, if you can somehow tune out Wallace and a wide-eyed, shrieking Cherry Healey, who visits the Tata steel plant in Port Talbot to watch the can-making process. **AG**

An Hour to Save Your Life

9.00pm ***BBC2***

DOCUMENTARY The third series of this no-frills documentary returns with typical drama, and no little gore. There's a moped rider who is run over by a bin lorry; a policeman who has a heart attack during a fitness test; and a cyclist in the Pennines, who has the grimmest injury of the lot after falling face-first onto a cattle grid.

It's hard not to draw comparisons with Channel 4 stalwart *24 Hours in A&E*, but this is a very different programme. There's almost no context to each case, and family members feature sparingly. What's gripping is the life-or-death detective work done by emergency doctors, who must act fast and under unimaginable pressure.

HANNAH SHADDOCK

Soundbreaking

9.00pm ***Sky Arts***

MUSIC There's a pseuds' warning for this final episode of the otherwise excellent series on the history of recorded music. You'll have to stifle a laugh when the opening voiceover intones, "Records, cassettes and MP3s aren't just vehicles for music, they are reflections of ourselves."

But it's back to form with the documentary's charting of how changing formats also changed the music we listen to. There's a roster of top-notch contributors, including Jerry Leiber and Mike Stoller with the story behind *Hound Dog*, Jerry Garcia on why the Grateful Dead are the most recorded band in history and Suzanne Vega describing why she is the mother of the MP3.

DAVID CRAWFORD

ALL HEART
Boat-builder Abbey is looking for love

First Dates

10.00pm ***C4***

REALITY Dating is nerve-racking enough at the best of times, but for 24-year-old Irish mental health nurse Damian, it can be really scary. He's got a verbal tic and shouts "I've got a gun!" and "I'm on loads of drugs" in the middle of dinner. But for his date, part-time model Kai, Damian's outbursts make him all the more interesting.

At another table, 82-year-old Dee fancies "gorgeous" Fred Sirieix the maître d', but her 79-year-old date Joe grabs back her attention by informing her that his own libido is very high. "Not every night, though!" he grins.

Less comfortable is 24-year-old boat builder Abbey, who feels odd in a dress. However, her date James likes a woman who gets her hands dirty, so their encounter might just be smooth sailing. **KASIA DELGADO**

DISCOVER TV

Today's best of BBC3, iPlayer, Netflix and beyond

BrainDead *Amazon Prime*

This screwball drama – a new ep drops every Tuesday – follows a young idealist (the ace Mary Elizabeth Winstead) around a Washington DC that's overrun with mind-controlling ants. *That* old story. Halfway into season one, it doesn't know where it's going but is having fun getting there.

American Nomads

iPlayer

Unplug from modernity (leave your TV plugged in, obviously) for a laid-back 90 minutes with British writer Richard Grant. Fascinated by Americans who choose to have no fixed abode, Grant gets in his truck and drives, happening across some of the myriad miniature subcultures flourishing beneath the surface of US society. Expires on iPlayer today.

Britain's Most Wanted Motorbike Gangs

from 10am iPlayer (BBC3)

Is this the UK's silliest youth craze, or is there more to it? "Bike Life" is kids on motorbikes, doing stunts on public roads: top exponents can gain big social-media followings, and say learning the skills keeps kids away from gangs. The police strongly disagree. **JACK SEALE**

HIDDEN GEM

Iceland Foods: Life in the Freezer Cabinet

8.00pm ***Really***

Filmed just as the horsemeat scandal was about to break in 2013, this all-access profile of the supermarket chain is fascinating: it's a firm that appears to be full of high-spirited staff who sing and dress up at the drop of a hat.

FILMS OF THE DAY

Chef

9.00pm ***Film4***

A feel-good foodie film directed by and starring Jon Favreau, about a stellar chef rediscovering his mojo as he cooks his way across America in a food truck. Sweet and spicy, it's a far cry from the blockbusters he these days directs, such as *Iron Man* and *The Jungle Book*. **See page 38**

■ **Hard Rain** *9.00pm* ***Universal***
Christian Slater and Minnie Driver do battle with the elements.

■ **Mars Attacks!** *10.05pm* ***ITV4***
When I'm calling you-oo-oo... Featuring an all-star cast, Tim Burton's joyful tribute to 1950s sci-fi sees bug-eyed aliens invading planet Earth.

CHILDREN'S CHOICE

The Other Kingdom

6.30pm ***Nickelodeon (Sky 604, Virgin 712)***

In this new live-action series, fairy princess Astral must choose between her ultimate dream of becoming human, or inheriting the crown in the royal kingdom of Athenia.

■ **Nelly and Nora**
5.50pm ***CBeebies***
There's adventure on the cards for the nature-loving sisters today, as Nora searches for the perfect place to grow her little plant.

BEST LIVE SPORT

■ **Uefa Super Cup: Real Madrid v Sevilla** *7pm (k/o 7.45pm)* ***BT Sport 2***
Annual match between the Champions League and Europa League winners.

■ **Cricket: West Indies v India, Third Test, day one** *2.55pm* ***Sky Sports 3***

■ **Twenty20 Cricket: T20 Blast quarter-final** *7pm* ***Sky Sports 2***

■ **Major League Baseball: Colorado Rockies v Texas Rangers** *8pm (start 8.10pm);* **Boston Red Sox v New York Yankees** *midnight (start 12.10am)* ***ESPN***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

TUESDAY Main Channels

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Naga Munchetty present a round-up of the news. Replay of last night's action from 9.15am on BBC2, followed by live coverage of the men's rowing single sculls quarter-finals from 1pm. (S) (HD)

9.15 Countryside 999
A head-on road collision in Yorkshire. (R) (S) (AD) (HD)

10.00 Homes under the Hammer
Looking at a trio of properties, including a terraced house and a huge former care home. (R) (S) (AD) (HD)

11.00 Wanted Down Under
UK families sample a different way of life. (R) (S) (AD) (HD)

11.45 The Housing Enforcers
Overcrowded properties in Newham.
Repeated tomorrow 7.45am BBC2 (Revised rpt) (S) (HD)

12.15pm Bargain Hunt
In Newark, Nottinghamshire. (R) (S) (AD) (HD)

1.00pm BBC News
Regional News; Weather (S) (HD)

1.45–6.00 Olympics 2016

1.45 Rowing, Equestrian, Rugby Sevens, Swimming and Canoeing
The three-day eventing competition reaches its climax, with Britain hoping to improve on silver in London, although to do so they will need to overcome Germany.

In the pool, Britain's Aimee Willmott is one to watch in the 200m butterfly heats, having picked up a silver medal in the Commonwealth Games.

Team GB are also in action in the men's rugby sevens, where they kick off against Kenya in Pool C.

In the canoe slalom C1 semi-finals, 2015 world champion David Florence could fly the flag for Great Britain.

Introduced by Hazel Irvine, with John Inverdale, Lee McKenzie, Helen Skelton, Patrick Winterton and Helen Reeves. Coverage of the eventing individual showjumping final is on BBC2 at 6pm. (S) (HD)

Rowing
1.50 Men's pair semi-finals
2.10 Women's double sculls semi-finals
With commentary by Garry Herbert and James Cracknell, with Sir Steve Redgrave.

Equestrian
2.00 Eventing team showjumping final
Michael Tucker, Ian Stark and Andy Austin commentate.

Rugby Sevens
3.00 Men's pool matches, including at
4.00 Great Britain v Kenya, Pool C
Eddie Butler and Sir Clive Woodward commentate.

Swimming
5.00 Men's 100m freestyle heats
5.28 Women's 200m butterfly heats
5.50 Men's 200m breaststroke heats
Andy Jameson and Adrian Moorhouse commentate, with guest experts Rebecca Adlington and Mark Foster.

Canoeing
5.30 Men's C1 slalom semi-finals

6.00 BBC News Weather (S) (HD)

6.30 Regional news magazines (S)

7.00–7.30 Olympics 2016

7.00 Olympics Round-up
The day's action so far. Switch to BBC2 at 7.30pm for coverage of the men's canoe slalom finals. (S) (HD)

7.30 EastEnders
RT Kathy tries to get Grant to open up but instead he demands the money he is owed. **See page 76.**

Kathy Sullivan	**Gillian Taylforth**	Sonia Fowler	**Natalie Cassidy**
Grant Mitchell	**Ross Kemp**	Sharon Mitchell	**Letitia Dean**
Bex Fowler	**Jasmine Armfield**	Andy Flynn	**Jack Derges**
Babe Smith	**Annette Badland**	Mick Carter	**Danny Dyer**
Vincent Hubbard	**Richard Blackwood**	Kim Fox-Hubbard	**Tameka Empson**
Pam Coker	**Lin Blakley**	Billy Mitchell	**Perry Fenwick**
Jay Brown	**Jamie Borthwick**	Abi Branning	**Lorna Fitzgerald**
Tina Carter	**Luisa Bradshaw-White**	Kush Kazemi	**Davood Ghadami**
Jane Beale	**Laurie Brett**	Donna Yates	**Lisa Hammond**
Linda Carter	**Kellie Bright**	Lee Carter	**Danny-Boy Hatchard**
Dot Branning	**June Brown**	Shirley Carter	**Linda Henry**
Martin Fowler	**James Bye**	Shakil Kazemi	**Shaheen Jafargholi**

Writer Pete Lawson Further cast on Thursday Satellite and cable viewers can watch a repeat at 10pm on W (S) (AD) (HD)

Swimming *from 5.00pm* Siobhan-Marie O'Connor was the youngest British swimmer at London 2012. Since then she's won a world title. Will her continued rise see her in the 200m individual medley final here at 3.29am?

8.00–10.00 Olympics 2016

8.00 Gymnastics
The women's team competition reaches its climax this evening, as the top eight nations compete.

Great Britain finished sixth in this event four years ago and will have strong hopes of a medal here. But they face tough competition from defending Olympic and world champions the USA. Clare Balding and Matt Baker present, with commentary by Craig Heap and Christine Still, and analysis from Beth Tweddle.

From 10pm, BBC2 is showing coverage of the men's hockey pool match between Great Britain and Brazil, and the men's rugby sevens pool matches. (S) (HD)

10.00 BBC News Regional News; Weather (S) (HD)
Followed by **National Lottery Update** (S)

10.45–4.00am Olympics 2016

10.45 Olympics Round-up
With Mark Chapman and Clare Balding. (S) (HD)

12 midnight Weightlifting
Medals are set to be decided in the men's 69kg final. Presented by Jason Mohammad. (S) (HD)

2.00–4.00am Swimming
Great Britain are the reigning world champions in the men's 4x200m freestyle relay and they will look to claim the Olympic title in tonight's final. There are also medals up for grabs in the women's 200m medley, with Team GB's Siobhan-Marie O'Connor aiming to add to her world bronze and Commonwealth gold.

Also on tonight's schedule, Britain's Aimee Willmott will be hoping to make her mark in the 200m butterfly semi-finals, while fellow Team GB swimmers Andrew Willis and Craig Benson are in action in the 200m breaststroke semis. Presented by Jason Mohammad with Helen Skelton. (S) (HD)
2.00 Men's 100m freestyle semi-finals
2.19 Women's 200m freestyle final
2.28 Men's 200m butterfly final
2.37 Women's 200m butterfly semi-finals
3.03 Men's 200m breaststroke semi-finals
3.29 Women's 200m individual medley final
3.38 Men's 4x200m freestyle relay final
With commentary by Andy Jameson and Adrian Moorhouse, with guests Rebecca Adlington and Mark Foster, and reporting by Sharron Davies.

4.00am Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Water Polo, Volleyball and Archery
The women's water polo competition gets under way with the preliminary rounds.

There are also preliminary matches in both the men's and women's volleyball, along with coverage of the men's and women's individual archery competitions. Presented by Ore Oduba. (S) (HD)

2.30 Rowing
A trio of semi-finals this afternoon, as the fields narrow in the double sculls and lightweight four competitions. Presented by Ore Oduba. (S) (HD)
2.30 Men's double sculls semi-finals
2.50 Men's lightweight four semi-finals
Commentary from Garry Herbert and James Cracknell, with Sir Steve Redgrave.

4.30 Hockey
Ireland v Germany, men's Pool B. (S) (HD)
With commentary by Matt Chilton, Simon Mason and Mel Clewlow.

5.30 Canoeing and Swimming
Team GB's David Florence is tipped to perform well in the men's C1 canoe slalom semi-finals – he'll be aiming for the final, which is at 7.10pm.

In the pool, Team GB has plenty of interest in the men's 200m breaststroke heats: Commonwealth Games medal trio Ross Murdoch, Michael Jamieson and Andrew Willis have high hopes here. In the men's 4x200m freestyle heats, all eyes will be on world champions Great Britain and Olympic gold medallists the USA. The final is at 3.38am on BBC1. Ore Oduba presents, with Patrick Winterton, Helen Reeves and Helen Skelton. (S) (HD)

Swimming
5.50 Men's 200m breaststroke heats
6.17 Men's 4x200m freestyle relay heats
With commentary by Andy Jameson and Adrian Moorhouse, with guests Rebecca Adlington and Mark Foster and reporting by Sharron Davies.

7.00 Canoeing
Britain's two-time Olympic medallist David Florence will hope to make his mark in the C1 slalom final after finishing well out of the medals four years ago. Dan Walker presents, with Patrick Winterton and Helen Reeves. (S) (HD)

8.00 Diving and Rugby Sevens
New Great Britain diving pair Tonia Couch and Lois Toulson have struck up an instant rapport, consistently finishing in the top three in World Series events, and could be among the medal contenders in the women's 10m synchro final.

On the pitch, the Great Britain men's rugby team are in action against Japan in Pool C. Presented by Dan Walker with John Inverdale. (S) (HD)

Diving
8.00 Women's 10m synchro final
Commentary by Bob Ballard and Leon Taylor.

Rugby Sevens
9.00 Great Britain v Japan, men's Pool C
Eddie Butler and Sir Clive Woodward commentate.

9.20 Judo and Hockey
Medals are decided in the men's and women's judo, while the men's hockey pool matches continue. Presented by Dan Walker. (S) (HD)

Judo
9.20 Women's -63kg final and men's -81kg final

Hockey
10.00 Great Britain v Brazil, men's Pool A
With Matt Chilton, Simon Mason and Mel Clewlow.

11.30–2.00am Handball and Volleyball
Coverage of matches in the preliminary stage. Presented by Dan Walker. (S) (HD)

2.00am Britain on Film: Dedicated Followers of Fashion A look at the fast-moving world of 1960s trends. (R) (S)
2.30 Sounds of the Sixties Music by Tom Jones. (R) (S)
3.00–4.00am Calculating Ada: the Countess of Computing Profile of mathematician Ada Lovelace. (R) (S) (SL)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.00am Paul Martin's Handmade Revolution Paul learns an ancient woodland skill. (R) (S) (HD)

6.45 Homes under the Hammer Properties in Stoke, London and Wiltshire. (R) (S) (HD)

7.45 The Housing Enforcers Post-it-notes become a sticking point. Shown yesterday 11.45am BBC1 (S) (HD)

8.15–9.15 Sign Zone 8.15 The Gift of Hearing Documenting a woman's mission to help deaf children in Bangladesh. Shown last Thursday (S) (AD) **8.45 The Hairy Builder** *3/15.* Dave Myers helps to restore Castle Drogo in Dartmoor, Devon. (R) (S) (AD)

9.15 Olympics 2016 Highlights Action from day three, featuring artistic gymnastics, rowing, cross-country eventing, tennis, beach volleyball and swimming. (S) (HD)

1.00pm Olympics 2016 Day four live in Rio, including the men's rowing single sculls quarter-finals, in which Britain's Alan Campbell will be hoping to feature. (S) (HD)

1.45 Red Rock Katie's family impede her "holiday". Starring India Mullen and Andrea Irvine. **See page 76.** (S) (AD) (HD)

2.30 The Edge Gabby Logan hosts. (R) (S) (HD)

3.15 Escape to the Country A property in the Cambridgeshire countryside. (R) (S) (AD) (HD)

4.00 The Great Antiques Map of Britain Items that uncover London's past, including a snuffbox made of wood from London Bridge. (R) (S) (HD)

4.30 Flog It! From Coventry. (R) (S) (HD)

5.15pm Pointless
Quiz show with Alexander Armstrong. (R) (S) (HD)

6.00 Olympics 2016
The individual showjumping final gets under way at the National Equestrian Centre. Plus canoe slalom action from the Whitewater Stadium. Hazel Irvine hosts. (S) (HD)

7.00 Eggheads
Jeremy Vine hosts the quiz show. (S) (HD)

7.30 Olympics 2016
Live coverage of the men's C1 canoe slalom final continues, with the leading contenders starting in reverse order. (S) (HD)

8.00 Inside the Factory
3/6 Series 2. Baked beans are now such a firm favourite that Brits get through 2 million tins of them every day. Gregg Wallace discovers the journey that each bean takes before it hits our toast, including individual scrutiny by laser. Cherry Healey reveals how some canned foods can still be fit to eat long past their "best before" date, and Ruth Goodman explains how tinned food helped to prevent British seamen from developing scurvy in the early 19th century. **See page 76.**
Producer Emma Pound; Series producers Chris Parkin and Amanda Lyon Repeated tomorrow 11.50pm (S) (AD) (HD)

9.00 An Hour to Save Your Life
New series. 1/4 *Series 3.* The medical science series returns to reveal the life-or-death decisions facing doctors in the first critical hour of emergency care. Moped rider Martin fights for his life after a collision with a lorry in London, while police officer David needs an emergency heart bypass operation following a cardiac arrest at the gym. **See p77.**
Director Suzie Samant; Series producer Simon Gilchrist Repeated Thursday 11.20pm (S) (AD) (HD)

10.00 Olympics 2016
Live coverage of Great Britain v Brazil in the men's hockey, plus rugby sevens pool matches from the Deodoro Stadium. (S) (HD)

10.45 Newsnight With Evan Davis. (S) (HD)

11.15 Weather (S) (HD)

11.20 Dragons' Den
3/16 Series 14. A fledgling fashion business and a device for folding paper. **See choice, p56.**
Shown Sunday 9pm (S) (AD) (HD)

12.20–2.50am Sign Zone 12.20 Celebrity MasterChef *12/12.* The final of the contest. (R) (S) (AD)
1.50 The Somme 1916: from Both Sides of the Wire *2/3.* Historian Peter Barton examines the battle from the middle of July to mid-September. (R) (S) (AD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD BBC2 HD **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am Good Morning Britain (S) (HD)

8.30 Lorraine Guests, gossip and fashion. (S) (HD)

9.25 The Jeremy Kyle Show (R) (S) (HD)

10.30 This Morning With Eamonn Holmes and Ruth Langsford. Including **Regional Weather** (S) (HD)

12.30pm Loose Women With *Coronation Street* actor Ian Kelsey, who plays dodgy businessman Vinny Ashford. Repeated 3am (S) (HD)

1.30 ITV Lunchtime News Regional News; Weather (S)

2.00 Judge Rinder Legal disputes. (R) (S) (HD)

3.00 Secret Dealers Items uncovered by the competing experts include football medals and a Victorian box. (R) (S) (HD) Then **Regional Weather**

4.00 Tipping Point Game show. (R) (S) (HD)

5.00pm Cash Trapped
7/10. Quiz hosted by Bradley Walsh in which six contestants answer questions and try to sabotage each other, before one goes up against the rest in the final round. (S) (HD)

6.00 Regional News Weather (S)

6.30 ITV Evening News Weather (S)

7.00 Emmerdale
Joanie goes missing on the day of her wedding to Zak, who is hungover from the night before. Lachlan lands himself in trouble when his guilt arouses Andy's suspicions. **See p76.**

Joanie Wright	**Denise Black**	Chas Dingle	**Lucy Pargeter**
Zak Dingle	**Steve Halliwell**	Dan Spencer	**Liam Fox**
Lachlan White	**Thomas Atkinson**	Aaron Dingle	**Danny Miller**
Andy Sugden	**Kelvin Fletcher**	Doug Potts	**Duncan Preston**
Rhona Goskirk	**Zoe Henry**	Emma Barton	**Gillian Kearney**
Pierce Harris	**Jonathan Wrather**	Adam Barton	**Adam Thomas**
Belle Dingle	**Eden Taylor-Draper**	Amelia Spencer	**Daisy Campbell**
Ellie	**Ashlie Robinson**	Finn Barton	**Joe Gill**
Jermaine Bailey	**Micah Balfour**	April Windsor	**Amelia Flanagan**
Bernice White	**Samantha Giles**	Harriet Finch	**Katherine Dow Blyton**
Diane Sugden	**Elizabeth Estensen**	Arthur Thomas	**Alfie Clarke**
Carly Hope	**Gemma Atkinson**	James Barton	**Bill Ward**
Charity Dingle	**Emma Atkins**	Judge	**Anthony Schaeffer**

Writer Andrew Kirk More cast Thursday
Repeated ITV2 tomorrow 8am and 12.15pm (S) (AD) (HD)

8.00 Endeavour
Series 2. **Sway.** Oxford falls under a thick fog as a multiple murderer haunts the city, strangling women. No married woman is safe, and as the suspect list narrows, Endeavour and Thursday find their emotional lives turned upside down.

DC Endeavour Morse	**Shaun Evans**	Charles Highbank	**Adrian Schiller**
DI Fred Thursday	**Roger Allam**	Rufus Haldane	**Michael Thomas**
Chief Supt Reginald Bright	**Anton Lesser**	Alan Burridge	**Joe Bannister**
		Norman Parkis	**Matthew Wilson**
Dr Max DeBryn	**James Bradshaw**	Joan Thursday	**Sara Vickers**
DS Peter Jakes	**Jack Laskey**	Win Thursday	**Caroline O'Neill**
PC Jim Strange	**Sean Rigby**	Mr Jellicoe	**Paul Lacoux**
Gloria Deeks	**Gina Bramhill**	Talfryn Pugh	**Brian Lipson**
Roy Huggins	**Rob Jarvis**	Barry Dobbs	**Rob Compton**
Mr Brian Quinbury	**Tim McMullan**	Monica Hicks	**Shvorne Marks**
Luisa Armstrong	**Cécile Paoli**	Mr Lee	**James Doherty**
Joey Lisk	**Max Wrottesley**	Sam Thursday	**Jack Bannon**

Writer Russell Lewis; Producer Camille Gatin
Director Andy Wilson (R) (S) (AD) (HD)

10.00 ITV News at Ten
Weather; Regional News and Weather (S)

10.40 Uefa Supercup Highlights
The best action from tonight's match as the Champions League and Europa League winners, Real Madrid and Sevilla, met at the Lerkendal Stadion in Trondheim, Norway. This will be the seventh time in eight years that the trophy has been won by a La Liga team. Sevilla will be eager to add their name to the list of victors, having lost in both 2014 and 2015. Presented by Jacqui Oatley, commentary by Sam Matterface and Andy Townsend and analysis from Lee Dixon.
Editor Stuart Smith (S) (HD)

11.40 Murder, She Wrote
The Scent of Murder. Jessica learns that her old friend Seth Hazlitt's rich cousin has been unceremoniously bumped off. (R) (S) (AD) (HD)

12.30am Jackpot247 Interactive gaming.
3.00 Loose Women Shown 12.30pm (S) (HD)
3.50 Nightscreen Text information. (HD)
5.05–6.00am The Jeremy Kyle Show Studio guests air their dirty linen in public. (R) (S) (SL) (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 Freeview 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD ITV HD **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am 3rd Rock from the Sun (R) (S) (AD)

7.05 Everybody Loves Raymond (R) (S)

8.00 Frasier Double bill. (R) (S) (AD)

9.05 The Big Bang Theory (R) (S) (AD) (HD)

10.00 The Simpsons (R) (S) (AD)

11.30 Come Dine with Me Five dinner parties from Peterborough. (R) (S) (HD) Including **News** at **12 noon** (S) (HD)

2.10pm Fifteen to One (S) (HD)

3.10 Countdown (S) (HD)

4.00 Three in a Bed In Glastonbury, Bournemouth and Shropshire. (R) (S) (HD)

5.00 Couples Come Dine with Me Three soirées in Merseyside. (R) (S) (HD)

6.00pm The Simpsons
A Star Is Torn. Lisa enters a singing competition on Krusty's show. (R) (S) (AD)

6.30 Hollyoaks
Joanne offers Joe some advice.

Joanne Cardsley	**Rachel Leskovac**
Joe Roscoe	**Ayden Callaghan**
Mercedes McQueen	**Jennifer Metcalfe**
Alfie Nightingale	**Richard Linnell**
Amy Barnes	**Ashley Slanina-Davies**
Celine McQueen	**Sarah George**
Cindy Savage	**Stephanie Waring**
Diego Martinez	**Juan Pablo Yepez**
Dirk Savage	**David Kennedy**
Frankie Osborne	**Helen Pearson**
Harry Thompson	**Parry Glasspool**
Jade Albright	**Kassius Nelson**
James Nightingale	**Gregory Finnegan**
Leah Barnes	**Ela-May Demircan**
Liam Donovan	**Maxim Baldry**

Writer Heather Robson More cast Thursday
Shown yesterday 7pm E4 Rptd tomorrow 6am E4
The next episode follows on E4 (S) (AD) (HD)

7.00 Channel 4 News
Sport; Weather (S) (HD)

8.00 Location, Location, Location
New series. Ep 1. Kirstie Allsopp helps a nervous couple in Southampton, while Phil Spencer advises a pair looking for a home in the New Forest.
Directors Nina Brown, Tracy Comer; Series producer Abi Judge Repeated Wed 8pm 4seven (S) (AD) (HD)

9.00 The Job Interview
Ep 5. Boss Emma has 100 candidates to choose from for her PR agency, including 22-year-old student Francesca, who is desperate to move to London.
Series producers Anshu Ahuja and Genna Gibson Executive producers Lorraine Charker-Phillips and Simon Dickson Rptd Thursday 1am (S) (AD) (HD)

10.00 First Dates
New series. Ep 1 *Series 7* Featuring a man with Tourette syndrome, a female boat builder and a 79-year-old history student. **See p77.**
Series producer Mark Henderson; Executive producer Nicola Lloyd Repeated tomorrow 10pm 4seven and Friday 10.35pm C4 (S) (AD) (HD)

11.05 Ramsay's Hotel Hell
Ep 6 *Series 3.* At the Brick Hotel in Pennsylvania. Shown last Thu (S) (AD) (HD)

12 midnight Eden The group builds a winter dwelling. Shown Mon 9pm (S) (AD) (HD)
1.00am KOTV Boxing Weekly (S)
1.25 Triathlon Cardiff. Shown Sat 7.10am (S) (HD)
1.55 Motorsport The Château Impney Hill Climb. Shown Sunday 7.05am (S) (HD)
2.20 World Sport Including action from Rally Finland. Shown Saturday 6.40am (S)
2.45 The Grid Including an interview with Sir Chris Hoy. Shown Sunday 6.40am (S)
3.15 Double Your House for Half the Money An ex-military barge. (R) (S) (SL) (HD)
4.10 Superfoods: the Real Story (R) (S) (HD)
4.40 Countdown (R) (S) (HD)
5.20–6.15am Fifteen to One (R) (S) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 Freeview 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD C4 HD **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf
plus 29 more Freeview channels

Regional variations

LONDON LIVE
F'view 8 **Sky** 117 **Virgin** 159

5.00am London Live Review: the latest news
6.00 The Blow Monkeys: Live: a performance from a London venue
7.30 Cash in the Attic (R)
8.30 London Live News
10.00 Cash in the Attic: helping people make money from junk (R)
11.00 Made in Chelsea: Binky and her mother host a barn dance (R)
12 noon London Live News: latest headlines
2.00pm The Old Curiosity Shop: the Dickens classic, with Sophie Vavasseur and Derek Jacobi (R)
4.00 FILM: Fun at St Fanny's: comedy with Cardew Robinson
5.45 BFI London
6.00 London Live News
8.00 The Krays: the Myth behind the Legend: the story of the gangster brothers (R)
9.00 Desmond's (R)
10.30 FILM: The Fourth Protocol: spy thriller starring Michael Caine and Pierce Brosnan
12.50am Spaced (R)
2.30 Da Ali G Show (R)
3.00–5.00 Desmond's: four episodes (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

TUESDAY Freeview

Channel 5 [5]

Borderline *10.00pm* Will Stacey fall for Tariq's charms at Northend?

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

6.00am Milkshake! See page 83
9.15 ***New.*** **The Wright Stuff** (HD)
11.15 Cowboy Builders The team heads to Swindon. (S) (HD) **12.10pm 5 News** (S) (HD)
12.15 Celebrity Big Brother Highlights. Shown yesterday 9pm Repeated 2pm/5pm 5 Star (HD)
1.15 Home and Away Shown yesterday 6.30pm on 5 Star Repeated 6pm on C5 (S) (AD) (HD)
1.45 ***New.*** **Neighbours** Rptd 5.30pm (S) (AD) (HD)
2.15 NCIS *8/23 Series 1.* A navy translator dies in mysterious circumstances. (S) (AD)
3.10 Rosamunde Pilcher's Coming Home *2/2.* Period drama with Joanna Lumley. (S)
5.00pm 5 News (S) (HD)

5.30 Neighbours
Brad is crushed by Lauren's response.
Shown 1.45pm Repeated 6pm 5 Star (S) (AD) (HD)

6.00 Home and Away
Irene fights back against Mick.
Shown 1.15pm Next episode 6.30pm 5 Star (S) (AD) (HD)

6.30 5 News Tonight (S) (HD)

7.00 Conspiracy: the Nazi King
A look into questions regarding the loyalty of the royal family through history.
Series producer Ed Booth
Executive producer Andra Heritage (S) (HD)
Followed by **5 News Update** (S) (HD)

8.00 ***New.*** **The Dog Rescuers with Alan Davies**
8/16 Series 4. An unfriendly welcome awaits Anthony Joynes when he tries to help four dogs in an overcrowded house.
Directors/Producers Dominic Longmuir and Rohan Latchman (S) (HD)
Followed by **5 News Update** (S) (HD)

9.00 ***New.*** **Celebrity Big Brother: Live Eviction**
Emma Willis reveals the second evictee.
Series director Ben Hardy; Exec producers Caroline Davies, Andrew Jackman and Rebecca Kenny-Smith
Rptd tomorrow 12.15pm C5 and 2pm/5pm 5 Star (S) (HD)

10.00 ***New.*** **Borderline**
2/6. **The Hens.** Two rowdy drunks from a hen party give Clive a hard time.

Tariq	**David Avery**
Proctor	**Jackie Clune**
Clive	**David Elms**
Stacey Allen	**Kerry Howard**
Celeste Ferguson	**Jayde Adams**

Director Matt Jones; Producer Zoë Rocha (S) (HD)

10.30 ***New.*** **Impractical Jokers UK**
2/9. The pranksters attempt to force people to high-five them in the street.
Director/Producer Paul Young (S) (HD)

11.00 ***New.*** **Celebrity Big Brother's Bit on the Side**
Rylan Clark-Neal presents. (S) (HD)
12.05am ***New.*** Celebrity Big Brother: Live from the House (HD) **12.30** ***New.*** SuperCasino **3.10** Person of Interest *16/22 Series 2.* (S) (HD) **4.00** Witches: a Century of Murder (S) (SL) (HD) **4.45** HouseBusters (S) (SL) **5.10–6.00am** House Doctor (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
Channel 5 +24 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p77 and **Discover TV** p44

ITV2 [6]

Mom *9.00pm* Bonnie helps Christy as she takes her final exams

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Dinner Date (S) (HD) **7.10** The Ellen DeGeneres Show (S) (HD) **8.00** Emmerdale (S) (AD) (HD) **8.30** Coronation Street: double bill (S) (AD) (HD) **9.30** Psych (S) (HD) **10.20** Royal Pains (S) (HD) **11.15** Dinner Date (S) (HD)
12.15pm Emmerdale Shown yesterday 7pm ITV (S) (AD) (HD) **12.45** Coronation Street Shown yesterday 7.30/8.30pm ITV (S) (AD) (HD) **1.45** The Ellen DeGeneres Show: with Ashley Graham and Gwen Stefani (S) (HD) **2.35** The Jeremy Kyle Show (S) (HD) **5.50** Take Me Out (S) (HD)

7.00pm You've Been Framed! Gold
A driver is run over by his own tractor. (S) **7.30** Clips include awful actors, shocking singers and calamitous conjurers. (S)

8.00 Two and a Half Men
1/16 Series 8. Jake decides to move out when he discovers Alan has been secretly dating Eldridge's mother Lindsey. (S) (HD) **8.30** *2/16.* Alan struggles to decide whether to move in with Lyndsey. (S) (HD)

9.00 ***New.*** **Mom**
19/22 Series 3. Christy is determined to take her final exams, while Bonnie thinks her boyfriend is cheating on her. (S) (HD) **9.30** ***New.*** *20/22.* Christy is ecstatic over passing her finals with straight As and making the dean's list. (S) (HD)

10.00 Celebrity Juice
4/11 Series 11. Sam Bailey, Alex Brooker, Joe Swash and Tom Daley guest. (S) (HD)

10.50 Family Guy
Series 9. The Griffin kids complain that their parents enjoy easy lives. (S) (AD) (HD) **11.15** Peter suffers kidney failure after drinking kerosene. (S) (AD) (HD)

11.45 American Dad!
Series 10. Stan worries that Hayley has failed to develop any life skills. (S) (AD) (HD) **12.15am** The family takes a disastrous trip to a theme park. (S) (AD) (HD)
12.45 Two and a Half Men: double bill (S) (HD) **1.45–2.30am** Mom: double bill (S) (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Soapbox Race (HD) **9.00** Lizard Lick Towing (S) (HD) **10.00** American Pickers **11.00** Storage Hunters (S) (HD)
12 noon Top Gear (S) (AD) **1.00pm** American Pickers: double bill (S) (HD) **3.00** World's Most Dangerous Roads (S) (HD) **4.00** Lizard Lick Towing: double bill (S) (HD) **5.00** Soapbox Race (HD)
6.00pm Top Gear (S) (AD)
7.00 American Pickers (S) (HD)
8.00 QI Alan Davies, Jimmy Carr, Phill Jupitus and Johnny Vegas compete. (S)
8.40 With Sean Lock, Rich Hall and Bill Bailey. (S)
9.20 Would I Lie to You? Bruno Tonioli, Adam Buxton, Kirsty Wark and Rob Beckett attempt to twist the truth. (S) (HD)
10.00 Taskmaster *3/6 Series 1.* Building an egg tower and making a film "blooper". (S) (HD)
11.00 Mock the Week With Milton Jones, Josh Widdicombe and Katherine Ryan. (S) (HD)
11.40 QI Double bill. (S)
1.00am Would I Lie to You? (S) (HD) **1.40** as 10pm **2.40–4.00am** Mock the Week (S)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV3 [10]

Our Queen at 90 *8.00pm* Celebrating the British monarch's 90th birthday

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Doctor in the House (S) **6.25** Heartbeat (S) (SL) **7.30** Where the Heart Is (S) (AD) **8.30** The Royal (S) (AD) **9.35** Judge Judy (S) (HD) **10.55** Murder, She Wrote (S) (AD) (HD) **11.55** Love Your Garden (S) (HD)
1.00pm Heartbeat (S) **2.00** The Royal (S) (AD) **3.05** Where the Heart Is (S) (AD) **4.15** Doctor in the House (S) **4.50** Rising Damp (S) **5.15** George & Mildred: the couple consider adoption

5.50pm Heartbeat
There's much excitement in Aidensfield as Lord Ashfordly presents his charming wife to the villagers – but several hijackings spell trouble for the newlyweds. (S)

6.55 Murder, She Wrote
When Jessica attends a ballet in Boston, she ends up investigating the murder of a security guard backstage. Are two Soviet dancers responsible? (S) (AD) (HD)

8.00 Our Queen at 90
This celebration of the Queen's 90th birthday enjoys privileged access to the monarch and members of the royal family. We hear from the Prince of Wales and his sons about the way the Queen has inspired them. The Duke of York and his daughters also pay tribute, as do the Duchess of Cornwall, the Duchess of Cambridge and the Countess of Wessex. (S) (AD) (HD)

10.00 Without You
2/3. Desperate to find out more about Milena, the woman in whose car her husband died, Ellie strikes up a friendship with her business partner Frances. But learning about Milena's numerous affairs only adds to her distress. Concludes tomorrow 10pm. (S) (AD) (HD)

11.00 Wire in the Blood
3/4 Series 3. **Nothing but the Night**
In the absence of a clear motive, the team members struggle to build up a profile of the person they are hunting. (S)
12.35am Inspector Morse (S) (HD) **2.25–2.30am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am Magnum, PI (S) (SL) (HD) **6.50** Gunsmoke (S) (SL) **7.45** The Sweeney (S) **8.45** Ironside **9.50** Quincy (S) (AD) (HD) **10.50** Magnum, PI (S) (HD) **11.55** Gunsmoke (S)
1.00pm The Chase (S) (HD) **2.00** Storage Wars (S) (HD) **2.55** The Sweeney (S) **4.00** Quincy (S) (AD) (HD) **5.00** Ironside
6.00pm Storage Wars Brandi and Jarrod join forces with Barry. (S) (HD)
6.35 The buyers return to Montebello. (S) (HD)
7.00 Pawn Stars Featuring one of the most sought-after items in US history. (S) (HD)
7.30 The pawn shop owners negotiate over a First World War helmet. (S) (HD)
8.00 Mr Bean The bumbling hero spends a night at the cinema with his girlfriend. (AD) (HD)
8.30 Mr Bean goes shopping. (AD) (HD)
9.00 Benidorm *2/6 Series 3.* Mick upsets Janice during a trip to Callosa. (S) (AD)
10.05 FILM Mars Attacks! ★★★★ Sci-fi comedy. **Review page 38.** (S) (AD) (W) (HD)
12.15am FILM Six Bullets ★★★ Action thriller with Jean-Claude Van Damme (S) (AD) (W) (HD) **2.30** Tommy Cooper (S) **2.55–3.00am** Nightscreen (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

Drama [20]

Maisie Raine *8.00pm* Maisie has a gang of car thieves in her sights

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am The Bill (S) **8.00** Sharpe (S) **10.00** Lovejoy (S) **11.00** The Bill: double bill (S)
1.00pm Last of the Summer Wine (S) **1.40** Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe (S) **5.00** Lovejoy (S)

6.00pm Brush Strokes
Sandra and Jimmy break up, while Jacko helps a damsel in distress.

6.40 Last of the Summer Wine
The trio decide that there is money to be made from a heatwave. (S)

7.20 Whatever Happened to the Likely Lads?
Bob bids his wife farewell and sets off on a boys-only fishing trip with Terry. (S)

8.00 Maisie Raine
6/6 Series 2. **To Sleep.** With Bessomer Street's car crime statistics on the up, the pressure mounts for Maisie as she organises an operation to infiltrate a highly professional ring of automobile thieves, while simultaneously coping with a serious mistake made by an officer going through a personal crisis. (S) (AD)

9.00 Judge John Deed
5/5 Series 1. **Hidden Agenda.** A doctor is accused of murdering a seriously ill patient with a morphine overdose, a case which echoes a dilemma in Deed's personal life and sets him on the path to potential ruin. Meanwhile, Charlie's HIV-positive friend finds herself in danger of losing her baby to Social Services, and calls on the judge for help. (S) (AD)

11.00 Birds of a Feather
Tracey rings a local radio station with advice for a grieving widow and ends up becoming the airwaves' latest agony aunt.

11.40 The Bill
Jack and Soca Officer Marcus Swift prepare to corner the drugs gang, while Kristen holds Honey prisoner. (S)
12.40am Lovejoy (S) **1.40** The Indian Doctor **2.35–4.05am** The Forsyte Saga

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Be Beautiful (S) (HD) **9.10** The Only Way Is Essex (S) (HD) **10.00** Who's Doing the Dishes? (S) (HD) **11.00** Flipping Out (HD)
12 noon Buying and Selling (S) **1.00pm** Dinner Date (S) (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City (S) **4.00** The Real Housewives of Cheshire (S) (HD)
6.00pm Dinner Date A woman from West Yorkshire takes part in the dating show. (S) (HD)
7.00 Buying and Selling Robert and Marie need to have their home revamped. (HD)
8.00 Dinner Date Kimberley from Scotland dines with three blind dates. (S) (HD)
9.00 The Real Housewives of Atlanta The women discuss the group's new dynamic. (S) (HD)
10.00 The Real Housewives of Orange County Heather has her dream house built, Shannon and David try to repair their marriage, and Tamra undergoes plastic surgery. (S) (HD)
11.00 Bridezillas Cold-hearted diva Miyesha sentences her bridesmaids to wedding hell. (HD)
11.55 The Jeremy Kyle Show USA The host takes his successful talk show stateside. (S)
12.45am Shopping **5.50–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

Wasted *10.00pm* Kent and Morpheus attend Neston Berry's annual festival

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 **HD** **Virgin** 145

6.00am Hollyoaks Shown yesterday 6.30pm C4 (S) (AD) (HD) **6.25** Coach Trip: Road to Ibiza Shown yesterday 7.30pm (S) (AD) (HD) **6.50** Melissa & Joey (S) (AD) (HD) **7.10** How I Met Your Mother (S) (AD) (HD) **8.05** Rules of Engagement (S) (HD) **9.00** The Goldbergs (S) (AD) (HD) **10.00** Baby Daddy (S) (HD) **11.00** Charmed (S)

1.00pm How I Met Your Mother (S) (AD) (HD) **2.00** The Big Bang Theory (S) (AD) (HD) **3.00** Baby Daddy (S) (HD) **4.00** Melissa & Joey (S) (AD) (HD) **5.00** The Goldbergs (S) (AD) (HD)

6.00pm The Big Bang Theory
6&7/24 Series 5. Double bill. (S) (AD) (HD)

7.00 *New.* Hollyoaks
Joanne attempts to seduce Joe.
Cast pp79/99 Rptd tomorrow 6.30pm C4 (S) (AD) (HD)

7.30 *New.* Coach Trip: Road to Ibiza
Two new arrivals immediately cause problems with their upfront banter.
Repeated tomorrow 6.25am (S) (AD) (HD)

8.00 *New.* 2 Broke Girls
15/22 Series 5. Pet-sitter Max has to find Randy's missing dog. (S) (AD)
8.30 *New. 16/22.* Max is heartbroken when Randy breaks up with her. (S) (AD)

9.00 *New.* Tattoo Fixers on Holiday
3/8 Series 3. The gang takes on a Cher impersonator whose dedication to the job ended with a mishap on her hip. (S) (AD) (HD)

10.00 *New.* Wasted
4/6. Morpheus is chosen to be the star of the Berry Man festival. (S) (AD) (HD)

10.35 The Inbetweeners
2/6 Series 1. Simon and his sixth-form friends dodge school. (S) (AD) (HD)

11.05 The Big Bang Theory
4&5/17 Series 1. Double bill. (S) (AD) (HD)
12 midnight Gogglebox (S) (HD) **1.05am** Rude Tube (S) (HD) **2.05** Tattoo Fixers on Holiday (S) (AD) (HD) **3.00** Wasted (S) (AD) (HD) **3.25** The Inbetweeners (S) (SL) (AD) (HD) **3.50** Angie Tribeca (S) (AD) (HD) **4.15** Rules of Engagement (S) (HD) **4.55–6.00am** Charmed (S) (SL)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 **HD** **F'view** 110

9.00am Come Dine with Me (S) (HD) **11.30** Superfoods: the Real Story (S) (AD) (HD)
12 noon The Question Jury (S) (HD) **1.00pm** Amazing Spaces Shed of the Year (S) (AD) (HD) **2.00** Phil: Secret Agent Down Under (S) (AD) (HD) **3.00** Location, Location, Location (S) (HD) **4.00** Couples Come Dine with Me (S) (HD) **5.00** Double Your House for Half the Money (S) (AD) (HD)
6.00pm Phil: Secret Agent Down Under Queensland's Sunshine Coast. (S) (AD) (HD)
7.00 Come Dine with Me Four expats host dinner parties in Benidorm. (S) (HD)
8.00 Amazing Spaces Shed of the Year *Ep 2 Series 3.* Contenders in the eco and unexpected categories. (S) (AD) (HD)
9.00 999: What's Your Emergency? *Ep 5 Series 3.* PC Billy Elliott investigates complaints about a disturbance. (S) (HD)
10.00 Eight out of Ten Cats Does Countdown Henning Wehn guests. (S) (HD)
11.05 Bodyshockers: Nips, Tucks and Tattoos Katie Piper presents. (S) (AD) (HD)
12.05am First Dates (S) (AD) (HD) **1.05** Man Down (S) (AD) (HD) **1.30** Peep Show (S) (AD) (HD) **2.25** One Born: What Happened Next? (S) (AD) (HD) **3.20** Couples Come Dine with Me (S) (HD) **4.10–4.40am** Meet What You Eat (S) (AD) (HD)

More4 14

Phil Spencer's Stately Homes
9.00pm A visit to Burghley House

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 **HD** **Virgin** 203

8.55am Jamie's 15-Minute Meals (S) (AD) (HD) **9.35** A Place in the Sun: Winter Sun (S) (HD) **10.45** Kirstie's Fill Your House for Free (S) (HD) **11.05 FILM** The Siege at Red River ★★★ Western starring Van Johnson (S) (W)
12.55pm Time Team: double bill (S) (HD) **3.05** A Place in the Sun: Winter Sun (S) (HD)

5.15pm Four in a Bed
B&Bs in Devon, Warwickshire, Canterbury and on the Isle of Wight compete. (S) (HD)

7.55 Grand Designs
A couple decide to build a new home at the bottom of their garden. (S) (AD) (HD)

9.00 *New series.* Phil Spencer's Stately Homes
RT *Ep 1.* The property expert embarks on a tour of Britain's stately homes, beginning with Burghley House, Lincolnshire, a celebrated example of Elizabethan architecture. **See page 76.** (S) (AD) (HD)

10.00 Obsessive Compulsive Cleaners
Tidying properties in Northamptonshire and the West Midlands. (S) (HD)

11.05 24 Hours in A&E
A 13-year-old boy arrives by helicopter after a baseball accident. (S) (AD) (HD)
12.10am Ramsay's Kitchen Nightmares USA (S) **1.10** Phil Spencer's Stately Homes (S) (AD) (HD) **2.15** Obsessive Compulsive Cleaners (S) (HD) **3.25–3.35am** River Cottage Bites (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **10.00** Access **10.10 FILM** Ties That Bind ★★ (S) **12 noon** CSI: NY (S) **1.00pm** NCIS (S) (AD) **2.00** Person of Interest **4.00** NCIS (S) (AD) **5.00** CSI: NY (S) **6.00pm** CSI: Miami *12/24 Series 5* (S) (AD) **7.00** NCIS *5&6/19 Series 5* (S) (AD) **9.00** NCIS: Shoot to Kill *19/24 Series 8.* A marine connected to the disappearance of a weapons cache is murdered (S) (AD) **10.00** Law & Order: Special Victims Unit *8/24 Series 14* (S) **11.00** Castle *6/23 Series 4* (S) **11.55** CSI: NY *12/24 Series 3* (S) (AD)
12.50am CSI: Miami (S) (AD) **1.50** CSI: NY (S) (AD) **2.45** Rookie Blue **3.30** True Crimes: the First 72 Hours **3.55–4.00am** Access

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.25** That '70s Show (S) **9.10 FILM** Thunderpants ★ (S) **11.00** That '70s Show (S) **12 noon** My Wife and Kids (S) **1.00pm** Dance Moms (S) **1.55** Access **2.00** Celebrity Big Brother **3.00** Neighbours (S) (AD) **3.30** Home and Away (S) (AD) **4.00** 8 Simple Rules (S) **5.00** Celebrity Big Brother **5.55** Access **6.00pm** Neighbours Shown 5.30pm C5 (S) (AD) **6.30 *New.*** Home and Away Rptd tomorrow 6pm C5 (S) (AD) **7.00 *New.*** Dance Moms Launch Special: a preview of the fifth series (S) **8.00** Dance Moms First shown on Lifetime (S) **9.00** Body Freaks: Make Me a Perfect Ten (S) **10.00 *New.*** Wentworth Prison *8/12 Series 4* (S) (AD) **11.00** When Kids Kill (S)
12 midnight Baby-Faced Mums **1.00am** The Shannara Chronicles **1.55** The Killer Prophet: Born to Kill? (S) **2.50** That '70s Show **3.35–4.00am** Ridiculousness

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p84**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Great British Railway Journeys **8.00** The World at War (S) **9.00** Monarchy by David Starkey (S) (AD) **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)
12 noon Great British Railway Journeys **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Great British Railway Journeys
6.00pm The World at War A focus on the German defeat at Stalingrad. (S)
7.00 Monarchy by David Starkey The three children of Henry VIII. (S) (AD)
8.00 Jeeves and Wooster (S)
9.10 The Two Ronnies Including the Cockney Rhyming Slang Sermon. (S)
10.00 Yes Minister Double bill. (S)
11.20 'Allo 'Allo! Herr Flick is imprisoned. (S)
11.55 Museum Secrets A behind-the-scenes look at the Palacio Real in Madrid. (S)
12.55am Great British Ghosts (S) **1.25** The World at War (S) **2.25–3.00am** Great British Ghosts (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** as 11pm **11.00** as 10pm **12 noon** Homes under the Hammer **1.00pm** Flog It! **2.00** DIY SOS **3.00** as 9pm **4.00** Escape to the Country (AD) **5.00** as 10pm **6.00** Flog It! **7.00** Homes under the Hammer **8.00** DIY SOS **9.00** A Place in the Sun: Home or Away **10.00** Fantasy Homes by the Sea (AD) **11.00** Escape to the Country (AD) **12 midnight** DIY SOS **1.00am** Flog It! **2.00** Homes under the Hammer **3.00–4.00am** as 9pm

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers **12 noon** Police Interceptors **2.00pm FILM** Men in War ★★★ Korean War drama starring Robert Ryan and Aldo Ray (BW) **4.05** Robson's Extreme Fishing Challenge **5.00** Eddie Stobart: Trucks and Trailers **6.00pm** Police Interceptors **8.00** Robson's Extreme Fishing Challenge: the actor travels to the east coast of America **9.00 *New.*** Animal Fight Club: a large elephant seal lashes out. Last in series **10.00** The X-Files *9/20 Series 5.* A murderous force lurks in an orchard **11.00** Can't Pay? We'll Take It Away!
12 midnight Can't Pay? We'll Take It Away! Christmas Special **1.00am *New.*** Framework: furniture design competition **2.00–3.00am** Bar Rescue

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12 noon** The Avengers **1.00pm** McBride: Tune in for Murder **3.00** Danielle Steel's The Ring **5.00** Highway to Heaven **6.00** Touched by an Angel **7.00** M*A*S*H **8.00** The Avengers **9.00 FILM** The Elizabeth Smart Story ★★ **11.00 FILM** No Ordinary Baby ★★★ **1.00–3.00am** The Case of the Whitechapel Vampire

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am The Lost World **9.00** Tales from the Darkside **10.00 FILM** Lost in the Bermuda Triangle ★ **11.50** Horror Highlights **12 noon** The War of the Worlds **1.00pm FILM** Weather Wars ★★ **2.50** Horror Highlights **3.00** The Incredible Hulk **4.00 FILM** Arachnoquake ★★ **5.50** Horror Highlights **6.00** The Lost World **7.00** Tales from the Darkside **8.00** The War of the Worlds **9.00 FILM** Hidden ★★ **10.35** Horror Highlights **10.45 FILM** Savaged ★★★ **12.45am FILM** Wrong Turn 4: Bloody Beginnings ★★ **2.35–4.30am FILM** Popcorn ★★

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am 60-Minute Makeover **7.00** Most Haunted **8.00** 6ixth Sense **9.00** Relic Hunter **10.00** as 8pm **11.00** Stargate SG-1 **12 noon** Border Security: Canada's Front Line (AD) **1.00pm** 60-Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.30** Nothing to Declare **4.00** Dog Whisperer (AD) **5.00** Monkey Business **6.00** Eureka (AD) **7.00** Stargate SG-1 **8.00** Andromeda **9.00** A Haunting **10.00 *New.*** Stalker **11.00** Brit Cops: Rapid Response (AD) **12 midnight** Police Force: Australia (AD) **1.00am** Road Wars **2.00** Most Shocking **3.00** 24 Hours Police **4.00** Motorway Patrol **4.30** Highway Patrol **5.00–6.00am** Road Wars

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes under the Hammer **12 noon** DIY SOS **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes under the Hammer **7.00** Escape to the Country **8.00 RT CHOICE** Iceland Foods: Life in the Freezer Cabinet **See p77** **9.00** Obsessive Compulsive Cleaners **10.00** World's Biggest Penis **11.00** Cold Justice **12 midnight** as 2pm **1.00am** Paranormal Witness **2.00** Shopping **4.00–6.00am** Clothes Show

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am Great Rod Race **6.20** Total Fishing (AD) **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** Wheeler Dealers **11.00** Fifth Gear **12 noon** Aussie Gold Hunters **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: a Profile **5.00** World War II **6.00** Born Survivor: Bear Grylls (AD) **7.00** Salvage Hunters (AD) **9.00 *New series.*** Mega Shippers **10.00 *New.*** What on Earth? **11.00** Destroyed in Seconds **12 midnight** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00–6.00am** Scrapheap

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase **9.00** Pointless **10.00** Deal or No Deal **11.30** Supermarket Sweep **12 noon** Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase **2.00** Pointless **3.00** The Chase **4.00** The Chase USA (AD) **5.00** Total Wipeout (AD) **6.00** Robot Wars (AD) **7.00** Pointless **9.00** The Chase **10.00** Who Wants to Be a Millionaire? **11.00** Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars (AD) **5.00–6.00am** Are You Smarter than a Ten Year Old? (AD)

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

9.00am JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12 noon** Star Trek **1.00pm** Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00pm** Star Trek: Kirk encounters entrepreneur Harry Mudd **7.00** MacGyver **8.00** Star Trek: Deep Space Nine: Bashir struggles to save Garak's life **9.00** NCIS **10.00** Bad Girls: Phyl and Bev escape **10.50** Walker, Texas Ranger **11.45** NCIS **2.25am** The Streets of San Francisco **3.25** Walker, Texas Ranger **4.15–6.00am** Flashpoint

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn **12 noon** Judge Judy **1.00pm** The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI: Crime Scene Investigation **6.00** Dr Quinn **7.00** Heir Hunters **8.00** Judge Judy **10.00** Cheaters **12 midnight** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45–5.00am** The High Chaparral

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

6.50am Briefings **7.20** Hugh Gaitskell **8.10** Briefings **8.50** Review **9.50** PMQs **10.30** EU Referendum **11.50** BOOKtalk **12.10pm** Sir Anthony Eden **12.55** Zafira B Fires **2.15** UK Legislative Programme **4.05** BOOKtalk **4.30** Scottish FMQs **5.20** BBC White Paper **6.45** NI Assembly **7.30** Michael Foot **8.10** Briefings **9.50** Chilcot **11.50** Lord Carrington **12.20am** Review **1.20** Long Goodbye? **1.50** BOOKtalk **2.10** Scottish Parliament **3.05** Financial Stability **5.30–6.20am** Welsh FMQs

Money **Paul Lewis** on the costs of going overdrawn Your RT P139

TUESDAY Satellite & cable

Don't Tell the Bride *10.00pm* It's high noon for another duo

Dice *10.10pm* Sitcom starring stand-up Andrew Dice Clay

My Kitchen Rules: Australia *6.45pm* More pop-up dining

Celebrity MasterChef *7.40pm* Jason Connery gets cooking

Little Britain Abroad *9.45pm* Andy and Lou take a holiday

Sky1

Sky 106 **Virgin** 110 **HD** **Virgin** 109

6.00am Supergirl (S) (HD) **7.00** The Flash (S) (HD) **9.00** Futurama (S) **10.00** Ninja Warrior (S) **11.00** NCIS: Los Angeles (S) (HD) **12 noon** Hawaii Five-0 (S) (HD) **1.00pm** Supergirl (S) (HD) **2.00** The Flash (S) (HD) **4.00** Modern Family (S) (HD) **5.00** The Simpsons (S) (HD) **5.30** Futurama: double bill (S)

6.30pm The Simpsons Homer upsets a new neighbour. **7.00** Bart betrays Milhouse during their school sports day. **7.30** Lisa becomes worried for Homer's safety. (S) (HD)

8.00 *New.* Stop, Search, Seize *3/10 Series 2.* Following the work of Ireland's border force. (HD)

9.00 Football's Funniest Moments Comical incidents from the Premier League. (S) (AD) (HD)

10.00 Don't Tell the Bride *3/6 Series 12.* Bride-to-be Holly is hoping for a cosy family wedding, but fiancé Cole has other ideas. (HD)

11.00 Premier League Years Memorable moments from the 2012/13 season. (S) (AD) (HD)

1.00am NCIS: Los Angeles (S) (HD) **2.00** Limitless (S) (AD) (HD) **3.00** Arrow (S) (AD) (HD) **4.00** Road Wars (S) (HD) **5.00–6.00am** Ninja Warrior: double bill (S)

Sky1 +1 **Sky** 130

Sky Atlantic

Sky 108

6.00am Richard E Grant's Hotel Secrets (S) (HD) **7.00** Urban Secrets (S) (HD) **8.00** Cold Case (S) (HD) **10.00** The West Wing (S) (HD) **11.00** House (S) (HD) **12 noon** Without a Trace (S) (HD) **1.00pm** Blue Bloods (S) (AD) (HD) **2.00** The Petrol Age (S) (HD) **3.00** Cold Case (S) (HD) **5.00** The West Wing (S) (HD)

6.00pm House (S) (HD)

7.00 Without a Trace (S) (HD)

8.00 Blue Bloods *8/22 Series 2* Henry has a heart attack. (S) (AD) (HD)

9.00 *New.* Ballers *3/10 Series 2* Spencer tries to prevent his clients being poached. (S) (HD)

9.35 *New.* Vice Principals *3/9* Gamby invites himself on a history field trip to impress his crush. (S) (HD)

10.10 *New series.* Dice *1/6* Comedy starring Andrew Dice Clay as himself. (HD)

10.45 *New.* *2/6* Adrien Brody asks to study Dice for a role. (HD)

11.20 Whitney Cummings: I'm Your Girlfriend (HD)

12.35am Ballers (S) (HD) **1.10** Vice Principals (S) (HD) **1.45** The Sopranos (S) (HD) **2.50** Veep (S) (AD) (HD) **4.00** Richard E Grant's Hotel Secrets (S) (HD) **5.00–6.00am** Urban Secrets (S) (HD)

Sky Atlantic +1 **Sky** 170

Sky Living

Sky 107 **Virgin** 112 **HD** **Virgin** 111

6.00am UK Border Force (S) (AD) (HD) **8.00** House Hunters International (S) (HD) **9.00** Nothing to Declare (S) (HD) **11.00** RSPCA Animal Rescue (S) (AD) **12 noon** The Biggest Loser: Australia (S) **1.00pm** Million Dollar Listing NYC (S) (HD) **2.00** Criminal Minds (S) (HD) **4.00** UK Border Force (S) (AD) (HD) **5.00** Nothing to Declare (S)

6.30pm Cooks to Market Two rival teams create original soup and cheesecake products. (HD)

6.45 *New.* My Kitchen Rules: Australia Transforming homes into pop-up restaurants. (S) (HD)

8.00 Criminal Minds *11/24 Series 8.* A copycat murderer kills two religious followers. **9.00** *10/24 Series 9.* A young boy goes missing from his home in St Louis, Missouri. **10.00** *11/24 Series 9.* Blake teams up with her brother and father in Kansas City. **11.00** *17/23 Series 10.* The BAU joins the hunt for a serial killer. **12 midnight** *18/23 Series 10.* An up-and-coming politician's wife is held to ransom. (S) (HD)

1.00am Bones (S) (HD) **3.00** Criminal Minds (S) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 **Sky** 122 **Virgin** 140

W

Sky 109 **Virgin** 125 **BT** 311 **HD** **Virgin** 191 **BT** 383

6.00am Dynamo: Top Ten Greatest Moments **6.10** MasterChef Australia: the Professionals (S) (HD) **7.10** Extreme Makeover: Home Edition (S) **9.00** My Dream Home (S) (HD) **10.00** The Bill (S) **11.00** Tipping Point (HD) **1.00pm *New.*** Judge Faith (HD) **2.00** Extreme Makeover: Home Edition (S) **3.50** My Dream Home (S) (HD) **4.50** Tipping Point (HD) **5.50** Extreme Makeover: Home Edition (S)

7.40pm Celebrity MasterChef With Kiki Dee, Charley Boorman, Jason Connery, Christopher Biggins and Tina Hobley. (S) (HD)

9.00 One Born Every Minute A Mormon couple prepare for the birth of their second child, while a pair who have both had difficult early lives try to prove that they will be good parents. (S) (HD)

10.00 EastEnders Belinda opens up to Stacey. **RT** **See page 76.** Shown 7.30pm BBC1 (S) (AD) (HD)

10.40 Don't Tell the Bride A tattoo artist plans his wedding. (S)

11.40 Russell Howard's Good News The comedian offers his perspective on the news. First shown in May 2013. (S) (HD)

12.40am EastEnders (S) (AD) (HD) **1.10–3.00am** Atlantis (HD)

W +1 **Sky** 213 **Virgin** 131

Gold

Sky 110 **Virgin** 124 **BT** 310

7.00am Outnumbered (S) (AD) **7.30** Brittas Empire (S) **8.05** My Hero (S) **8.55** Last of the Summer Wine (S) (AD) **10.45** Creature Comforts **10.55** As Time Goes By (S) **12.50pm** Outnumbered (S) (AD) **1.30** The Brittas Empire (S) **2.10** My Hero (S) **2.50** Creature Comforts (S) **3.00** Last of the Summer Wine (S) (AD) **4.55** One Foot in the Algarve (S)

7.00pm Only Fools and Horses The Trotters go on holiday. (S) (AD)

7.40 Gavin & Stacey The happy couple return from their honeymoon. (S) (AD) **8.20** Gavin sets out to help Smithy accept his responsibilities. (S) (AD)

9.00 Fawlty Towers Basil tries to upgrade his clientele. (S) (AD)

9.45 Little Britain Abroad *2/2* Guest-starring Dawn French, Peter Kay and Julia Davis. (S) (AD)

10.25 Fawlty Towers Basil tries to save money on building costs. (S) (AD)

11.10 Absolutely Fabulous Edina, Patsy and Saffy go to Morocco.

11.45 As 9.45pm.

12.30am The Young Ones (S) **1.20** Cheers (S) **1.50** Bewitched (S) **2.20** Absolutely Fabulous **2.50** as 12.30am **3.25–4.00am** Cheers

Gold +1 **Sky** 166 **Virgin** 190

Sky Arts

Sky 121 **Virgin** 122 **HD** **Virgin** 206

6.00am Pete Murray Takes You to Nottingham (S) (HD) **6.25** Baim Archive (HD) **7.00** Royalty Close Up (S) (HD) **7.30** Celebrity Exposed (S) (HD) **8.00** Tales of the Unexpected (S) **9.00** Benvenuto Cellini (HD) **11.45** Celtic Woman: a New Journey (S) **1.00pm** Tales of the Unexpected **2.00** Discovering: Anthony Quinn (S) (HD) **3.00** Matthew Bourne's The Car Man (HD) **4.45** Painting the Johnsons (S) (HD) **5.45** Monty Python: Almost the Truth (S) (HD)

7.00pm The Seventies Exploring how the dramatic shift in gender roles and relaxation of censorship created new artistic and social directions in America. (S) (AD) (HD)

8.00 *New.* Guitar Star A look back at the best moments from the competition. (S) (HD)

9.00 *New.* Soundbreaking How the evolution of different formats for music affected what people were listening to . Last in series. **RT** **See p77.** (HD)

10.00 Last Shop Standing The rise and fall of record shops. (S) (HD)

11.00 Marvin Gaye: Greatest Hits Live A 1976 concert by the soul singer in Amsterdam. (S)

12 midnight Guitar Star (S) (HD) **1.00am** Metal Evolution (S) (AD) (HD) **2.00** Dag (S) (HD) **3.00 FILM** CSNY/Déjà Vu ★★★★ Documentary about Crosby, Stills, Nash and Young (S) (W) (HD) **4.45–6.00am** Art Blakey and the Jazz Messengers: Live in '58 (S)

Universal

Sky 113 **Virgin** 137 **BT** 320

6.00am CSI: Miami (S) (HD) **7.00** Home Shopping **8.00** CSI: Miami (S) (HD) **10.00** Law & Order (S) (HD) **2.00pm** NCIS (S) (HD)

6.00pm NCIS *17/19 Series 5* Two bodies are found at a building site on a US Navy base. (S) (HD) **7.00** *18/19.* The team is put in danger while hunting for the killer of a former NCIS agent. (S) (HD)

8.00 Major Crimes *3/23 Series 4* When a supermodel is found dead, the squad investigates her MMA fighter ex-boyfriend and an obsessed photographer. (S) (HD)

9.00 Hard Rain ★★★ Action thriller starring Morgan Freeman and Christian Slater. An armoured car transporting $3 million breaks down in the flood-stricken town of Huntingburg, Indiana, and is held up by a gang. One of the guards manages to escape with the money, but he is closely pursued through the rising water by the robbers. (S) (W) (HD)

11.00 Law & Order: Special Victims Unit *5/24 Series 12* A PR executive is found dead in a fountain and Stabler and Benson have to untangle a web of love, lies and jealousy. (S) (HD)

12 midnight Law & Order: Special Victims Unit: double bill (S) (HD) **2.00am** Major Crimes (S) (HD) **3.00** Numb3rs (S) (AD) (HD) **5.00–6.00am** CSI: Miami (S) (HD)

Universal +1 **Sky** 150 **Virgin** 138

Sky2

Sky 129 **Virgin** 121

6.00am Stop, Search, Seize: double bill (AD) **8.00** 60-Minute Makeover **9.00** Ninja Warrior (S) **10.00** Robot Wars Extreme (AD) **11.00** Monkey Life (S) (AD) **12 noon** Greggs: More than Meats the Pie (S) (AD) **1.00pm** Robot Wars Extreme (AD) **2.00** Ninja Warrior: double bill (S) **3.00** Relic Hunter (S) **4.00** Danger Dogs **5.00** Stargate SG-1 (S) **6.00** Relic Hunter (S) **7.00** A Town Called Eureka (S) **8.00** Arrow (S) (AD) **9.00** The Flash: double bill (S) **11.00** Strike Back: Vengeance (S) (AD) **12 midnight** Hard Time (S) **1.00am** The Flash (S) **3.00** Ninja Warrior (S) **4.00** Robot Wars Extreme (AD) **5.00–6.00am** Andromeda (S)

Syfy

Sky 114 **Virgin** 135 **BT** 319 **HD** **Virgin** 165 **BT** 375

6.00am Buffy the Vampire Slayer **8.00** Home Shopping **11.00** Star Trek: Voyager **12 noon** Star Trek: the Next Generation **2.00pm FILM** LA Apocalypse ★★ **4.00 FILM** The Librarian: Quest for the Spear ★★ **6.00pm** Star Trek: the Next Generation **8.00 *New.*** Killjoys: reunited with D'avin, the team hunt escaped convicts in Old Town's ruins **9.00 FILM** Rambo: First Blood, Part II ★★★ **11.00** Killjoys **12 midnight** Fact or Faked: Paranormal Files **1.00am** Star Trek: Voyager **2.00** Star Trek: the Next Generation **4.00–6.00am** Quantum Leap

Syfy +1 **Sky** 194 **Virgin** 136

TLC

Sky 125 **Virgin** 167 **BT** 323 **HD** **Virgin** 168 **BT** 377

6.00am Little People, Big World **7.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **11.00** Hoarding: Buried Alive (HD) **12 noon** Extreme Cheapskates (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: the Next Great Baker (AD) (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **8.00** Gypsy Brides US (HD) **9.00 *New.*** My Giant Life (HD) **10.00 *New.*** Bible Bowl (HD) **11.00** Sex Sent Me to the ER (HD) **12 midnight** as 8pm **1.00am** as 9pm **2.00** as 10pm **3.00** as 12 noon **4.00** as 2pm **5.00–6.00am** as 3pm

TLC +1 **Sky** 154 **Virgin** 169

Lifetime

Sky 156 **Virgin** 208 **BT** 329 **HD** **Virgin** 209 **BT** 384

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12 noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00 *New.*** Judge Judy (HD) **8.00** Judge Judy (HD) **9.00** Neighbours with Benefits (HD) **10.00** Vanderpump Rules (HD) **11.00** Atlanta Plastic (HD) **12 midnight** Neighbours with Benefits (HD) **1.00am** Vanderpump Rules (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20–6.00am** Hardcore Pawn (HD)

Lifetime +1 **Sky** 197

Comedy Central

Sky 112 **Virgin** 132 **BT** 307 **HD** **Virgin** 181 **BT** 370

8.00am The Middle (S) (HD) **9.00** That '70s Show (S) **10.00** Bob's Burgers (S) (HD) **11.00** Friends (S) (HD) **2.00pm** Impractical Jokers (S) (HD) **3.00** Friends: ten episodes (S) (HD) **8.00pm** Budgies Make You Laugh Out Loud (HD) **9.00 FILM** Just Go with It ★★ Romantic comedy (HD) **11.00** Inside Amy Schumer (S) (HD) **11.30 *New.*** Billy on the Street (HD) **12 midnight** Impractical Jokers (S) (HD) **12.30am *New.*** The Daily Show (HD) **1.00** South Park: double bill (S) (HD) **2.00** Russell Howard's Stand Up Central (S) (HD) **2.30** Drunk History (S) (HD) **3.00** Comedy Central at the Comedy Store (S) (HD) **3.50–5.00am** Two and a Half Men (S) (HD)

Comedy Central +1 **Sky** 127 **Virgin** 133

Sony Channel

Sky 157 **Virgin** 193 **BT** 331

7.00am 'Til Death **8.00** Soldier Soldier **10.00** Saving Hope **12 noon FILM** The Call of the Wild: Dog of the Yukon ★★★ **1.50pm** Movie News **2.00** Saving Hope **3.00** Celebrity Ghost Stories **7.00pm** Saving Hope **8.00** The Night Shift **9.00 *New.*** Satisfaction: Arthur gives Simon instructions on how to handle his failed deal with Omar **10.00** Younger: the launch of Kelsey's new imprint makes it even harder for Liza to come clean about her age **11.00** Will & Grace **12 midnight** The Night Shift **1.00–4.00am** Celebrity Ghost Stories

Sony TV +1 **Sky** 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

Home Fires *9.00pm* Tensions are rising for Frances

ITV Encore

Sky 123

6.00am Robin of Sherwood (S) **7.00** Always and Everyone **7.55** Upstairs, Downstairs (S) **8.50** The Casebook of Sherlock Holmes (S) (HD) **9.50** Heartbeat **10.55** The Grand **12.05pm** Peak Practice **1.05** Robin of Sherwood (S) **2.15** Always and Everyone **3.20** Heartbeat **4.35** Upstairs, Downstairs (S) **5.45** The Casebook of Sherlock Holmes (S) (HD)

6.50pm Agatha Christie's Poirot Dead Man's Mirror An art dealer is murdered. (S)

8.00 The Durrells *5/6.* The family has an unwanted guest. (S) (AD) (HD)

9.00 Home Fires *5/6 Series 2* Steph faces losing the farm if she cannot meet her quota. (S) (AD) (HD)

Joyce Cameron	**Francesca Annis**
Claire Hillman	**Daisy Badger**
Bob Simms	**Mark Bazeley**
Teresa Fenchurch	**Leanne Best**
Frances Barden	**Samantha Bond**

10.00 The Americans *12/13 Series 4.* Paige sees her mother in a new light. (S) (AD) (HD)

11.00 Marcella *6/8.* A DNA match provides a strong lead. (S) (AD) (HD)

12.05am Mr Selfridge (S) (AD) (HD) **1.10** DCI Banks (S) (AD) (HD) **3.10** Kingdom (S) (AD) **4.05** Upstairs, Downstairs (S) **5.00–6.00am** The Casebook of Sherlock Holmes (S) (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am The Italian Americans **6.55** The Road from Christ to Constantine **7.50** Britain's Lost Routes with Griff Rhys Jones **9.10** The Road from Christ to Constantine **10.15** 1,000 Days of Fear: the Deadly Race at Los Alamos **11.20** Race for the Superbomb **12.35pm** Ebola: Death in a Village **1.50** Britain's Lost Routes with Griff Rhys Jones **3.00** 1,000 Days of Fear: the Deadly Race at Los Alamos **4.10** Race for the Superbomb **5.25** Ebola: Death in a Village

6.35pm Britain's Lost Routes with Griff Rhys Jones Griff joins the crew of a Thames barge to examine the trade routes of the vessels along the Essex coast.

7.55 Time Team America A dig to uncover some of the skeletons of bison that roamed Oklahoma 10,000 years ago.

9.00 1,000 Days of Fear: the Deadly Race at Los Alamos The development of nuclear weapons during the Second World War.

10.15 Race for the Superbomb The Cold War arms race.

11.20 Time Team America As 7.55pm.

12.30am 1,000 Days of Fear: the Deadly Race at Los Alamos **1.35** Race for the Superbomb **2.30** The Road from Christ to Constantine **3.30** Britain's Lost Routes with Griff Rhys Jones **4.35** The Road from Christ to Constantine **5.35–6.00am** Hell on Hooves

Rosewood *8.00pm* Beaumont puts his faith in a suspect

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Diagnosis Murder (S) **8.00** Murdoch Mysteries (S) (HD) **10.00** Sue Thomas: F.B.Eye (S) **11.00** Castle (S) (AD) (HD) **12 noon** Rizzoli & Isles (S) (AD) (HD) **1.00pm** Diagnosis Murder (S) **2.00** Sue Thomas: F.B.Eye (S) **3.00** Murdoch Mysteries (S) (HD) **5.00** Castle (S) (AD) (HD)

6.00pm Rizzoli & Isles *3/15 Series 2.* A woman dies shortly after sailors invade the streets of Boston for a navy event known as Fleet Week. (S) (AD) (HD)

7.00 Crossing Lines *5/10 Series 1* The ICC team must solve the latest in a series of deadly kidnappings before the criminals not only kill their victim, but endanger Dorn's life as well. (S) (HD)

8.00 ***New.*** **Rosewood** *3/22.* A troubled genius is accused of murder and the only one who believes in his innocence is Rosewood. (HD)

9.00 Castle *3/10 Series 1* An 18-year-old drug dealer is discovered dead. (S) (AD) (HD)

10.00 The Closer *18/21 Series 7* The team investigates the murder of a respected doctor. (S) (HD)

11.00 Crossing Lines As 7pm.

12 midnight Perception (S) (AD) (HD) **1.00–3.40am** Ripper Street

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters (AD) **10.00** Battlefield **12 noon** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters (AD) **3.00** Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction

6.00pm Greatest Tank Battles The story of the Canadian attack at Hochwald Gap during the Second World War.

7.00 Treasure Quest The team surveys the wreck of the RMS *Lusitania* off the Irish coast.

8.00 War Digs with Harry Harris Bill Armstrong joins the presenter and the team as they search for the wreckage of his father's Spitfire.

9.00 Al Murray's Road to Berlin Examining how the Allies routed a Panzer division. **9.30** Hitler's high-tech weaponry.

10.00 Heroes of Hell Island: the Men Who Saved Malta How Malta was protected against the Nazis' advance during 1940.

11.00 Hitler: Germany's Fatal Attraction Exploring how the Wall Street crash in America helped the Nazi party gain a massive boost in popularity.

12 midnight Battlefield **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00–6.00am** Weapon Masters (AD)

Discovery History +1 Sky 536 Virgin 263

Outcast *10.00pm* Anderson and Kyle both make a stand

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Law & Order: Criminal Intent (HD) **9.00** Medium (S) (HD) **11.00** The Closer (S) (HD) **1.00pm** NCIS (S) (AD) (HD) **3.00** Medium (S) (HD)

5.00pm The Closer *7/15 Series 3* Tensions run high after two Latino gang members are killed. (S) (HD) **6.00** *8/15.* Two bodies are found bearing the hallmarks of a notorious serial killer. (S) (HD)

7.00 NCIS *17/24 Series 9.* The death of a chief petty officer leads the investigators to an arms dealer. **8.00** *18/24.* The team once again joins forces with PsyOps, this time to tackle a blackmailer. **9.00** *7/24 Series 13.* Ducky is forced to reveal he has been helping to solve crimes in his spare time. (S) (AD) (HD)

10.00 ***New.*** **Outcast** *9/10.* Kyle enlists Mark's help to find out where Allison has gone. Meanwhile, Anderson fights to keep hold of his church, but ends up in a confrontation with Sidney. (S) (HD)

11.00 Family Guy *Series 8.* Brian discovers Meg has a boyfriend. (S) **11.30** Lois seeks a psychic's help when Stewie and Chris go missing. (S)

12 midnight American Dad! (S) (HD) **1.00am** Outcast (HD) **2.00** Family Guy (S) (HD) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD) **12 noon** Storage Wars (HD) **1.00pm** Pawn Stars (HD) **3.00** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00pm** American Pickers (HD) **7.00** Storage Wars (HD) **8.00** Billion Dollar Wreck (HD) **9.00** ***New.*** Storage Wars: Mary and Ivy get into a heated bidding war (HD) **9.30** Storage Wars (HD) **10.00** ***New.*** The Bastard Executioner: Wilkin vows vengeance on Baron Ventris (HD) **11.15** Storage Wars (HD) **12.45am** The Bastard Executioner (HD) **2.00** Storage Wars (HD) **3.00** Pawn Stars (HD) **4.00–5.00am** American Pickers (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: off the Deep End (HD) **12 noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00** From Wags to Riches (HD) **5.00** Animal Cops Detroit (AD) **6.00** Flying Wild Alaska (HD) **7.00** Tanked (HD) **8.00** ***New.*** Bondi Vet (HD) **9.00** ***New.*** The Vet Life: Dr Blue and Dr Ross treat a goat (HD) **10.00** Dr Dee: Alaska Vet (HD) **11.00** Bondi Vet (HD) **12 midnight** Tanked (HD) **1.00am** Bondi Vet (HD) **2.00** The Vet Life (HD) **3.00** Dr Dee: Alaska Vet (HD) **3.50** Deadliest Catch (AD) **4.40** Whale Wars (HD) **5.30–6.00am** Snow Leopards of Leafy London (HD)

Animal Planet +1 Sky 549 Virgin 258

Marooned with Ed Stafford *8.00pm* Down in the delta

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper (HD) **9.00** Fast 'n' Loud (HD) **11.00** Wheeler Dealers (HD) **1.00pm** Misfit Garage (HD) **2.00** Gold Rush (HD) **3.00** Born Survivor: Bear Grylls (AD) (HD) **4.00** MythBusters (AD) (HD) **5.00** Wheeler Dealers (AD) (HD)

6.00pm Fast 'n' Loud Engine issues plague a 1968 Shelby. (AD) (HD) **7.00** Richard Rawlings and Aaron Kaufman have just six days to build a 1977 Trans Am. (AD) (HD)

8.00 Marooned with Ed Stafford Ed tackles Botswana's Okavango Delta. (AD) (HD)

9.00 ***New.*** **Deadliest Catch** Sig fights for survival following a heart attack. Bill discovers that his son has a dark secret. (HD)

10.00 ***New.*** **Railroad Australia** Timetables are tight as a rail line is closed for repairs. Trainspotters hunt for the locomotive known as the Great White Shark. (HD)

11.00 Fast 'n' Loud Richard and Aaron head to a swap meet. (HD)

12 midnight Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (AD) (HD) **3.00** Deadliest Catch (HD) **3.50** Railroad Australia (HD) **4.40–6.00am** How It's Made: triple bill (HD)

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Nazi Megastructures (HD) **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12 noon** Wicked Tuna (HD) **1.00pm** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00** Air Crash Investigation (S) (HD) **5.00** Car SOS (HD) **6.00** Supercars (HD) **7.00** Air Crash Investigation (S) **8.00** Britain's Underworld: double bill of crime boss profiles (HD) **10.00** Banged Up Abroad: two surfers tunnel their way out of a Mexican prison (HD) **11.00** Air Crash Investigation (HD) **12 midnight** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00–5.00am** Restoration Garage (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am Life in the Undergrowth (S) (AD) **10.00** as 10pm **11.00** as 5pm **12 noon** as 6pm **1.00pm** as 7pm **2.00** as 8pm **3.00** as 9pm **4.00** as 10pm **5.00** Wild Colombia with Nigel Marven (S) (AD) (HD) **6.00pm** Wild Britain with Ray Mears (S) (HD) **7.00** Biggest and Baddest (S) (HD) **8.00** Wild Canada (S) (HD) **9.00** Life in the Undergrowth (S) (AD) **10.00** Can We Make a Star on Earth? (S) **11.00** Extreme Fishing with Robson Green (S) **12 midnight** as 5pm **1.00am** as 6pm **2.00** as 7pm **3.00** as 8pm **3.50** as 9pm **4.40** as 10pm **5.30–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p80

6.00am The WotWots **6.10** Chloe's Closet **6.20** Lily's Driftwood Bay **6.30** Fireman Sam **6.40** Peppa Pig **6.45** Bob the Builder **7.00** Little Princess **7.10** Pip Ahoy! **7.25** Thomas & Friends **7.40** Noddy: Toyland Detective **7.50** Ben and Holly **8.05** Wissper: Fern the Arctic fox has lost the rest of her pack **8.15** Peppa Pig: double bill **8.35** Paw Patrol: Mayor Goodway's chicken goes missing **8.50** Toot the Tiny Tugboat **9.00–9.15am** Bananas in Pyjamas

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** Furchester Hotel **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** Time for School **9.10** Bing **9.25** as 1.25pm **9.30** Teletubbies **9.45** as 1.45pm **10.05** as 2.05pm **10.10** as 2.10pm **10.30** Woolly & Tig **10.35** as 2.35pm **10.50** Ruff-Ruff, Tweet and Dave **11.05** Lingo Show **11.15** Alphablocks **11.20** Magic Hands **11.25** Get Squiggling! **11.40** Waybuloo **12 noon** My Pet and Me **12.15pm** I Can Cook **12.30** Old Jack's Boat **12.45** Melody **1.00** Time for School **1.10** Bing **1.25** Wussywat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa in My Pocket **4.05** Boj **4.15** What's the Big Idea? **4.20** Kazoops **4.30** Nina and the Neurons **4.45** Peter Rabbit **5.00** Let's Go Club **5.15** Sarah & Duck **5.25** Go Jetters **5.35** Gigglebiz **5.50** RT **CHOICE** ***New.*** Nelly & Nora **See p97** **6.00** Clangers **6.10** Abney & Teal **6.20** In the Night Garden... **6.50–7.00pm** CBeebies Bedtime Story: read by Robert Webb

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** as 4.20pm **8.25** Diddy TV; Joke Machine **8.45** ***New.*** Odd Squad **9.00** ***New.*** Hacker Time **9.30** ***New.*** Just Kidding; Lost & Found Jam Sessions **9.50** Help! My Mini School Trip Is Magic **10.00** Airmageddon **10.30** So Awkward **11.55** Matilda and the Ramsay Bunch **12.10pm** Next Step **12.35** Operation Ouch! **1.30** Hacker Time **2.00** Airmageddon **2.30** Wild & Weird **2.45** Officially Amazing **3.00** Odd Squad **3.10** Dennis **3.20** Sidekick **3.35** Endangered Species **3.45** ***New.*** Bottersnikes & Gumbles **4.00** Just Kidding **4.20** Newsround **4.30** ***New.*** Hetty Feather **5.00** Rocket's Island **5.30** Dumping Ground **6.00** ***New.*** Hacker's Olympic Rundown **6.05** ***New.*** Bottersnikes & Gumbles **6.20** ***New.*** The Deep **6.45** ***New.*** Danger Mouse **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** Next Step **8.25–9.00pm** Dumping Ground

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Monsuno **6.20** Signed Stories: Share a Story **6.30** Dino Dan **7.15** Oddbods **7.25** Grizzly Tales for Gruesome Kids **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds Are Go **9.25** Oddbods **9.30** ***New.*** What's New Scooby-Doo? **10.00** Mr Bean: the Animated Series **11.00** Horrid Henry **12 noon** Nerds & Monsters **12.30pm** Looped **1.00** Mr Bean: the Animated Series **2.00** Horrid Henry **3.00** Thunderbirds Are Go **3.30** What's New Scooby-Doo? **3.55** My Parents Are Aliens **5.05** Fort Boyard Ultimate Challenge **6.00pm** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds Are Go **8.55–9.00pm** Signed Stories: Share a Story

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P Chef ★★★★ *9.00pm* ***Film4*** FREEVIEW

Fans of Jon Favreau – who turns 50 later this month – first noted his clubbable acting style in *Swingers*. They also know him as a safe pair of directorial hands, with two Iron Mans and the live-action *Jungle Book* (a sequel is in the works) on his CV. But when it all comes together, as it does on passion project *Chef* (review, p38), we get to see him write, direct and star in a warm, low-budget fable about the joy of cooking in a van. **ANDREW COLLINS**

New to stream this week

Creed ★★★★ ***Netflix***

This thrilling seventh instalment in the *Rocky* franchise is one of its best. Michael B Jordan plays Adonis Johnson, son of the late Apollo Creed, who is so convinced of his own boxing talent that he seeks out a coach in his father's nemesis and friend Rocky Balboa (Sylvester Stallone). This is one fine boxing movie from writer/director Ryan Coogler, while Jordan and Stallone make a credible screen partnership. **KAREN KRIZANOVICH**

Tonight's premiere

P Sixteen ★★★

10.00pm ***Sky Premiere***

A young refugee (Roger Jean Nsengiyumva) is torn between taking a stand or keeping quiet after he witnesses a murder on a London estate. It's an absorbing portrait of the struggle faced by refugees, but is more sketch than fully developed urban drama. **JEREMY ASPINALL**

FREEVIEW

Film4 (15)

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 **HD** **Virgin** 429

11.00am The Great St Trinian's Train Robbery ★★ Comedy. Frankie Howerd (1966, U) (S) **12.55pm Ramona and Beezus ★★★** Comedy. Joey King (2010, U) (S) **3.00 The Harry Hill Movie ★★** Comedy. Harry Hill (2013, PG) (S)

4.40pm Rango ★★★ Surreal animated western. Johnny Depp, Isla Fisher (2011, PG)

6.50 Night at the Museum 2 ★★★ Pacey comedy sequel that sees Ben Stiller attempt to rescue his exhibit buddies from permanent storage. Amy Adams, Owen Wilson, Hank Azaria, Robin Williams (2009, PG) (S) (AD)

9.00 P Chef ★★★★ A feel-good foodie film about a stellar chef rediscovering his mojo as he cooks his way across America in a food truck. **Film of the Day, p38; Choice, left.** Jon Favreau, Sofia Vergara (2014, 15) (S)

11.15pm Legion ★★★ Entertaining fantasy horror. Paul Bettany (2010, 15) **1.15–3.55am The Girl Who Played with Fire ★★★** Crime thriller. Michael Nyqvist, Noomi Rapace (2009, 15)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix (32)

Freeview 32

9.00am Space Warriors ★★ Adventure. Thomas Horn, Josh Lucas (2013, PG) **11.00 Gentle Ben: Black Gold ★★** Adventure. Dean Cain (2003) **12.50pm** Movie News **1.00 The Call of the Wild: Dog of the Yukon ★★★** Adventure. Rutger Hauer (1996, 12) **2.50** Movie News **3.00 The Seventh Coin ★★** Peter O'Toole hams it up in this mystery. (1993)

4.45pm The Ballad of Lucy Whipple ★★★ Effective period drama. Glenn Close, Jena Malone, Bruce McGill, Meat Loaf, Chloe Webb (2001)

6.35 Legends of the Fall ★★★★ Epic period drama in which a family's idyllic life on a ranch is upset by the arrival of a beautiful woman. **Review, p37; Choice, p64.** Brad Pitt, Anthony Hopkins, Julia Ormond (1994, 15)

9.00 Resident Evil: Apocalypse ★ Limp sci-fi action horror. Milla Jovovich (2004, 15)

10.50 Resident Evil: Extinction ★★ Routine sci-fi horror sequel. Milla Jovovich (2007, 15)

12.45am The Numbers Station ★★ Thriller. John Cusack, Malin Akerman (2013, 15) **2.35** Movie News **2.45 Battle of the Damned ★★** Sci-fi horror. Dolph Lundgren (2013, 15) **4.40** Movie News **4.50** Highway to Heaven **5.50–6.00am** Movie News

Movies4Men (48)

Freeview 48 **Freesat** 304 **Sky** 325

6.00am Berlin Express ★★★ Spy thriller. Merle Oberon, Robert Ryan (1948) **7.40 Split Second ★★★** Thriller. Stephen McNally, Alexis Smith (1953) **9.20 Hijack ★★** Action thriller. Jeff Fahey, Ernie Hudson Sr (1999) **11.10 Long John Silver ★★** Swashbuckling adventure. Robert Newton (1954, U) **1.05pm Gunga Din ★★★★★** Adventure. Cary Grant, Victor McLaglen, Douglas Fairbanks Jr (1939, U)

3.25pm The Giants of Thessaly ★★ Adventure about the legendary quest to find the Golden Fleece. Roland Carey (1960, U)

5.10 Weather Wars ★★ Outlandish sci-fi thriller with decent effects. Jason London, Wes Brown, Erin Cahill, Stacy Keach (2011, 15)

6.55 Bullet to Beijing ★★ Michael Caine resurrects his British spy Harry Palmer for this murky thriller. Jason Connery (1995, 15)

9.00 Daylight Robbery ★★ Robbers use the World Cup as a cover for a heist in this caper. Geoff Bell, Paul Nicholls, Justin Salinger (2007, 15)

11.00pm Shadow of the Hawk ★★ Horror. Jan-Michael Vincent (1976) **12.50am Outside the Law ★★** Drama. Jamel Debbouze, Roschdy Zem (2010, 15) **2.35–4.00am The Day Time Ended ★** Sci-fi adventure. Jim Davis, Christopher Mitchum (1980)

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 **HD** **Virgin** 431

6.00am Narcopolis ★ Sci-fi thriller. Elliot Cowan (2014, 15) **7.45 Bad Blood ★★** Crime thriller. Abigail Breslin, Sean Bean (2014, 15) **9.20** As 10pm **10.50 The Good Dinosaur** As 6.20pm **12.25pm Hyena Road ★★** War drama. Rossif Sutherland, Paul Gross (2015, 15) **2.35** As 8pm **4.35** As 11.30pm

6.20pm The Good Dinosaur ★★★★ Stunning Pixar animation. **Choice, p54.** Raymond Ochoa (2015, PG

8.00 The Man from UNCLE ★★ Frantic reboot of the 60s TV show. Henry Cavill, Armie Hammer, Hugh Grant (2015, 12)

10.00 P Sixteen ★★★ A former child soldier witnesses a murder in London. **Choice, left.** (2013, 15)

11.30 The Perfect Guy ★★★ Effective thriller. **Choice, p64.** Sanaa Lathan, Michael Ealy, Morris Chestnut (2015, 15)

1.15am Infini ★★ Sci-fi yarn with echoes of *Aliens* and *Event Horizon*. Daniel MacPherson (2014, 15) **3.15 Narcopolis** As 6am **5.00** Ghostbusters: Special **5.30** Finding Pixar: Special

Premiere +1 **Sky** 302 **Virgin** 402

Spies

Sky 304 **Virgin** 404 **BT** 508 **HD** **Virgin** 434

6.00am Ant-Man: Behind the Scenes **6.30 Three Days of the Condor ★★★★** Thriller. Robert Redford, Faye Dunaway (1975, 15) **8.40** As 5.50pm **10.55** As 8pm **1.15pm** As 10.10pm **3.30 The Hunt for Red October ★★★★** Tense Cold War thriller. Sean Connery, Alec Baldwin, Scott Glenn (1990, PG)

5.50pm Ronin ★★★★ Crisp, no-nonsense action thriller. Robert De Niro, Jean Reno, Natascha McElhone (1998, 15)

8.00 Spy Game ★★★ Diverting espionage tale about a CIA agent who attempts to rescue his protégé from a death sentence. Robert Redford, Brad Pitt (2001, 15)

10.10 Kingsman: The Secret Service ★★★★ Affectionate nod to 1960s spy capers. Colin Firth, Samuel L Jackson, Taron Egerton, Michael Caine (2015, 15)

12.25am Three Days of the Condor As 6.30am **2.30 The Hunt for Red October** As 3.30pm **5.00** Mad Max: Fury Road Special **5.20** The Top Ten Show **5.40** Avengers: Age of Ultron Special

Comedy

Sky 308 **Virgin** 408 **BT** 506 **HD** **Virgin** 438

6.30am The Top Ten Show **6.45 Tenacious D in The Pick of Destiny ★★★** Comedy. Jack Black (2006, 15) **8.30 Rushmore ★★★★** Comedy drama. Bill Murray (1998, 15) **10.10 Valentine's Day ★★★** Comedy. Anne Hathaway (2010, 12) **12.20pm Get Smart ★★** Spoof. Steve Carell (2008, 12) **2.15** As 8pm

4.25pm Big Daddy ★★★★ Amiable comedy. Adam Sandler (1999, 12)

6.05 Click ★★ High-concept comedy that's undermined by queasy sentimentality. Adam Sandler, Kate Beckinsale, Christopher Walken (2006, 12)

8.00 Trainwreck ★★★★ A "ladette" finds love in this refreshing comedy. Amy Schumer (2015, 15)

10.10 Ghost Busters ★★★★ Hilarious supernatural comedy. Bill Murray, Dan Aykroyd, Sigourney Weaver (1984, PG)

12 midnight Gremlins ★★★★ Comedy. (1984, 12) **1.50am Gremlins 2: the New Batch ★★★** Comedy. (1990, 12) **3.45 Lake Placid ★★★** Adventure. (1999, 15) **5.15 The Curse of the Pink Panther ★★** (1983, PG)

Hits

Sky 303 **Virgin** 403 **BT** 504 **HD** **Virgin** 433

7.05am Paul Blart: Mall Cop 2 ★★ Comedy. Kevin James (2015, PG) **8.50 Kill the Messenger ★★★** Drama. (2014, 15) **10.50 Far from the Madding Crowd ★★★** Drama. Carey Mulligan (2015, 12) **12.50pm** As 10.25pm **2.50 Harry Potter and the Chamber of Secrets ★★★★** Fantasy. (2002, PG)

5.35pm Harry Potter and the Prisoner of Azkaban ★★★★ Harry is hunted by a maniac in this dark and edgy adventure. Daniel Radcliffe, Rupert Grint, Emma Watson (2004, PG)

8.00 Transformers ★★★★ Robots run amok in this spectacular sci-fi blockbuster. Shia LaBeouf, Megan Fox (2007, 12)

10.25 Ex Machina ★★★★ Thought-provoking sci-fi thriller. Domhnall Gleeson, Oscar Isaac, Alicia Vikander (2014, 15)

12.20am The Hangover ★★★★ Hilarious comedy. Bradley Cooper, Zach Galifianakis, Ed Helms (2009, 15) **2.10 Kill the Messenger** As 8.50am **4.10 Paul Blart: Mall Cop 2** As 7.05am

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 **HD** **Virgin** 437

6.00am Collateral Damage As 7pm **7.55 The Goonies ★★★** Adventure. Sean Astin, Corey Feldman, Martha Plimpton (1985, 12) **9.55 Jaws III ★★** Action adventure. Dennis Quaid, Louis Gossett Jr (1983, 12) **11.45** As 9pm **2.05pm Godzilla ★★** Monster horror. Matthew Broderick, Jean Reno (1997, PG)

4.35pm American Sniper ★★★★ Absorbing action drama. Bradley Cooper, Sienna Miller (2014, 15)

7.00 Collateral Damage ★★ By-the-numbers action thriller. Arnold Schwarzenegger, Elias Koteas (2001, 15)

9.00 Mission: Impossible – Rogue Nation ★★★★ Well-oiled action yarn. Tom Cruise (2015, 12)

11.15 The Fast and the Furious ★★★★ Pedal-to-the-metal thriller. Paul Walker, Vin Diesel (2001, 15)

1.05am Sword of Vengeance ★★ Action adventure. Stanley Weber (2015, 15) **2.35 Underworld: Evolution ★★** Horror. Kate Beckinsale (2006, 18) **4.25 Superman III ★★★** Fantasy. Christopher Reeve, Richard Pryor (1983, PG)

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 **HD** **Virgin** 439

6.30am The Enemy Below ★★★★ Drama. Robert Mitchum, Curt Jurgens (1957, PG) **8.20** As 5.25pm **10.10 The Calling ★★** Thriller. (2014, 15) **12.10pm The Maid's Room ★★** Thriller. Paula Garcés, Annabella Sciorra (2013) **1.55** As 7.05pm **3.50** As 9pm **5.25 Stretch ★★★** Action comedy. Patrick Wilson (2014, 15)

7.05pm The Gambler ★★★ Swaggering if occasionally crass remake of the 1974 crime thriller. Mark Wahlberg, Brie Larson, John Goodman (2014, 15)

9.00 The Boy Next Door ★★ Over-the-top thriller that's taken straight from the stalker textbook. Jennifer Lopez, Ryan Guzman (2015, 15)

10.35 Cape Fear ★★★★ Martin Scorsese's dazzling and violent remake of the classic 1962 thriller. Robert De Niro, Nick Nolte, Jessica Lange (1991, 18)

12.50am Body ★★★ Thriller. Helen Rogers (2015, 15) **2.15 The Conversation ★★★★★** Psychological thriller. Gene Hackman (1974, 12) **4.20 Sam Churchill: Search for a Homeless Man ★★** Mystery drama. John Schneider (1998)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.25am The Emperor's New Groove ★★★★ (2000, U) **7.55** As 3.35pm **9.35** As 5.20pm **11.15 A Goofy Movie** ★★ (1995, U) **12.40pm** As 7pm **2.10 The Jungle Book** ★★★★★ (1967, U) **3.35 A Bug's Life** ★★★★ Animation. (1998, U) **5.20 Inside Out** ★★★★★ Pixar comedy. (2015, U)

7.00pm The Little Mermaid ★★★★★ Delightful animated adventure. Jodi Benson, René Auberjonois (1989, U)

8.30 Robin Hood ★★★★ Terrific animated romp. Brian Bedford, Phil Harris, Peter Ustinov, Terry-Thomas (1973, U)

10.00 Babes in Toyland ★★ Less-than-magical musical fantasy. Ray Bolger, Tommy Sands, Annette Funicello (1961, U)

11.55 Escape to Witch Mountain ★★★ Thrilling sci-fi adventure. Kim Richards, Ike Eisenmann, Ray Milland (1975, U)

1.45am Aladdin and the King of Thieves ★★★★ Animated sequel. Robin Williams (1996, U) **3.20 Mulan II** ★★ Animation. Ming-Na (2004, U) **4.50 Confessions of a Teenage Drama Queen** ★★★ Comedy. (2004, PG)

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.00am Scooby-Doo 2: Monsters Unleashed ★★★ Mystery. Freddie Prinze Jr (2004, PG) **7.35 Ghosthunters on Icy Trails** ★★ Comedy fantasy. Milo Parker (2015, PG) **9.20** As 4.40pm **11.05** As 6.20pm **12.45pm** As 8pm **2.20** As 9.35pm **4.40 Book of Life** ★★★★ Animation. Diego Luna (2014, U)

6.20pm Minions ★★★ This spin-off prequel for *Despicable Me's* yellow sidekicks is loads of fun if a little chaotic. Sandra Bullock, Jon Hamm (2015, U)

8.00 The Nut Job ★★ Child-friendly animation. Will Arnett (2014, U)

9.35 The Mask of Zorro ★★★★ Splendid swashbuckling adventure in which the ageing Zorro hands over his mission to a protégé. Antonio Banderas, Anthony Hopkins (1998, PG)

12 midnight As 7.35am **1.45am Father of the Bride** ★★★★ Comedy. Steve Martin (1991, PG) **3.40 Father of the Bride Part 2** ★★ Comedy. Steve Martin (1995, PG) **5.30** Cinderella Special **5.45** Minions Special

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

6.15am Just One Day ★★★ Comedy. (2013, 15) **8.00 Fighting Demons** ★★ Drama. Sean Bean (2015, 15) **9.45 Steel Magnolias** ★★★★ Comedy drama. Sally Field (1989, PG) **11.50 Heartburn** ★★★ Comedy drama. Meryl Streep (1986, 15) **1.50pm 50 First Dates** ★★★ Comedy. Adam Sandler (2004, 12)

3.35pm Get on Up ★★★ Glossy biopic of music legend James Brown. Chadwick Boseman (2014, 12)

6.00 Take the Lead ★★★ Feel-good drama based on a true story. Antonio Banderas, Rob Brown (2006, 12)

8.00 The Sound of Music ★★★★★ Timeless musical. Julie Andrews, Christopher Plummer (1965, U)

11.00 Wild ★★★ A troubled woman heads into the wilderness to find herself. Reese Witherspoon (2014, 15)

1.00am The Riot Club ★★★ Searing drama. Sam Claflin, Max Irons (2014, 15) **2.50 Saturday Night Fever** ★★★★★ Dance drama. John Travolta (1977, 18) **4.55 Paradise, Hawaiian Style** ★★ Musical. Elvis Presley (1966, U)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.15am As 4.20pm **8.50 The Amityville Horror** ★★ Horror. James Brolin, Margot Kidder, Rod Steiger (1979, 15) **11.00** As 7pm **1.00pm** As 9pm **2.40** As 10.45pm **4.20 Armageddon** ★★★ Flashy but thrilling sci-fi action adventure. Bruce Willis, Billy Bob Thornton, Ben Affleck, Liv Tyler (1998, 15)

7.00pm Project Almanac ★★★ Entertaining time-travel adventure. Amy Landecker (2014, 12)

9.00 Scouts Guide to the Zombie Apocalypse ★★★ Comedy horror with an inherently funny concept and a great sense of kitsch. Tye Sheridan, Logan Miller (2015, 15)

10.45 Jeruzalem ★★★ It's Judgement Day in this nerve-jangling found-footage horror. Yael Grobglas, Danielle Jadelyn (2015, 15)

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.50am Magic in the Moonlight ★★ Comedy drama. (2014, 12) **8.35** As 8pm **10.25 Tangerines** ★★★★ Drama. (2013, 15) **11.55 Dangerous Liaisons** ★★★★ Drama. Glenn Close (1988, 15) **2.00pm Zulu** ★★★★★ Drama. Stanley Baker (1963, PG) **4.20 Appaloosa** ★★★★ Western. Ed Harris (2008, 15)

6.20pm The Salvation ★★★★ Handsomely shot western. Mads Mikkelsen, Eva Green, Jeffrey Dean Morgan (2014, 15)

8.00 O Brother, Where Art Thou? ★★★★ Offbeat Coen brothers comedy. George Clooney (2000, 12)

10.00 The Overnight ★★★ Racy comedy. Adam Scott, Taylor Schilling, Jason Schwartzman, Judith Godrèche (2015, 15)

11.25 The Outlaw Josey Wales ★★★★ Sprawling western. Clint Eastwood, Sondra Locke, Chief Dan George (1976, 18)

1.45am The Devils ★★★★ Controversial drama. Oliver Reed, Vanessa Redgrave (1971, 18) **3.40 Who's That Knocking at My Door** ★★★ Drama. Harvey Keitel (1968, 15)

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

6.10am Hollywood's Best Directors **6.50** Kung Fu **9.00 Knights of the Round Table** ★★★ Adventure. Robert Taylor, Ava Gardner (1953, PG) **11.15 The Bounty Hunter** ★★★ Western. Randolph Scott (1954, PG) **12.50pm** Kung Fu **3.00 Carson City** ★★★ Western. Randolph Scott, Raymond Massey (1952, U)

4.45pm King Richard and the Crusaders ★★ Misfiring historical epic based on a Walter Scott story. Rex Harrison, Virginia Mayo (1954, U)

7.05 The Command ★★★ Solid western. Guy Madison, Joan Weldon (1954, U)

9.00 Fire Down Below ★★ Forgettable action adventure. Steven Seagal, Marg Helgenberger (1997, 18)

11.05 Hard to Kill ★★★ Steven Seagal plots revenge in this visceral action thriller. Kelly LeBrock (1989, 18)

1.00am The Crying Game ★★★★ Bold, eccentric blend of political thriller. Stephen Rea, Miranda Richardson, Jaye Davidson (1992, 18) **3.15** Conspiracy Theory **5.00 The Command** As 7.05pm

TCM +1 Sky 318 Virgin 417

SPORT Choices

Uefa Super Cup *7.00pm* ***BT Sport 2*** Champions League winners Real Madrid and Europa League title-holders Sevilla meet in this annual showdown, which this year is being staged in Norway. Madrid, Ronaldo and all, will be favourites, but Sevilla are a well-drilled team and should not be underestimated. They did a clinical job on Liverpool in the Europa League final, beating them 3–1, with two of the goals coming from their captain Coke, a defender who turned finisher on the night. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold **7.00** Wrestling **8.00** Scottish Football Round-Up **8.30** Premier League Years (AD) **10.30** Great Sporting Moments **11.00** Premier League Legends: Jamie Carragher **11.30** Scottish Football Round-Up
12 noon Speedway
2.00pm Premier League Years
4.00 Speedway
6.00 Major League Soccer
6.30 Scottish Football
7.00 Football Gold
7.30 Soccer Special Julian Warren introduces previews and news of all tonight's goals as they go in.
10.00 More than a Game Tommie Smith and John Carlos's Black Power salute at the 1968 Olympics in Mexico City.
10.30 Great Sporting Moments
11.00 Football Gold
11.30 Major League Soccer
12 midnight Goals on Sunday **1.00am** Premier League 100 Club: Les Ferdinand **2.00** Football Gold **3.00** Premier League Legends **4.00–6.00am** Premier League Years (AD)

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Test Cricket **9.00** Cricket's Greatest (AD) **10.00** Twenty20 Cricket **1.45pm** Sporting Triumphs **2.00** Test Cricket **4.00** Cricket's Greatest: six editions (AD)
7.00 LIVE Twenty20 Cricket Coverage of the second T20 Blast quarter-final.
10.45 Sporting Triumphs **11.00** Cricket's Greatest (AD) **11.30** Cricketing Yorkshire
12 midnight Twenty20 Cricket **3.45am** Sporting Triumphs **4.00** Cricket's Greatest (AD) **4.30** Cricketing Yorkshire **5.00** Cricket's Greatest (AD) **5.30–6.00am** Cricketing Yorkshire

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

6.00am Classic Premier League
12 noon Scottish Football
12.30pm Brazilian Football **2.00** The Best That Never Was (AD) **4.00** Non-League Football **4.30** German Football **5.30** League Cup Finals: 1970s **6.00** League Cup Finals: 1980s **6.30** Scottish Football
7.00 LIVE Scottish Cup Football Coverage of a League Cup match.
10.00 Classic Premier League: action from 13 matches **5.00–6.00am** Australian Rules Football

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Darts Gold (AD) **7.00** Boxing Gold **8.00** Sporting Greats (AD) **9.00** Super League Fulltime **9.30** Sporting Greats: Michael Johnson (AD) **10.00** Sporting Heroes (AD) **11.00** Racing News **11.30** Super League Fulltime
12 noon Time of Our Lives Burnley's title-winning side of the 1959/60 season. (AD)
1.00pm Sporting Heroes
1.55 Super League Fulltime
2.25 Scottish Football
2.55 LIVE Test Cricket West Indies v India, day one in the third of four Tests, from the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia. The pressure will be on the home side after the tourists won the First Test by an innings and 92 runs.
10.30 Boxing Anthony Joshua v Dominic Breazeale.
12.30am Polo **1.30** Boxing Gold **2.00** Darts Gold **3.00** Polo **4.00** Darts Gold **4.30** Legends of Darts **5.00–6.00am** Sporting Heroes (AD)

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am PGA Tour Classic **7.00** Wonderful World of Golf (AD) **8.30** European Tour Golf **9.30** US Tour Golf **10.30** PGA Tour Classic **11.30** Sporting Greats (AD)
12 noon US Tour Golf **1.00pm** European Tour Golf **2.00** Wonderful World of Golf **3.30** US Tour Golf **4.30** European Tour Golf **5.30** Super League Fulltime **6.00** Sporting Greats (AD) **6.30** Golfing World **7.00** US Tour Golf: the 2016 Players Championship, official film **8.00** EuroPro Tour Golf
10.00 LIVE Poker Coverage of the Sky Poker Grudge Match, as a recreational player takes on one of Sky's team of professionals.
12 midnight EuroPro Tour Golf **2.00am** US Tour Golf **3.00** Golfing World **3.30** Sporting Rivalries (AD) **4.00–6.00am** EuroPro Tour Golf

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.00am Community Shield Football **7.30** Australian Rules Football **11.30** French Football
12.30pm Angling **1.30** Scottish Football **2.00** League Cup Finals: 1970s **2.30** League Cup Finals: 1980s **3.00** Rugby Sevens **6.00** Australian Rules Football
7.00 LIVE Uefa Super Cup Real Madrid v Sevilla (kick-off **7.45**), the annual match between the Champions League and Europa League winners, from the Lerkendal Stadion in Trondheim, Norway.
10.15 UFC **11.15** Kings Ransom: Wayne Gretzky documentary (AD)
12.15am Global Goals **12.30** World Sport **1.00** French Football **5.00–6.00am** European Football Show

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Managers (AD) **6.30** Football's Greatest Players (AD) **9.00** Major League Soccer **11.00** Football's Greatest Players (AD)
12 noon Spanish Football Gold (AD)
1.00pm Football's Greatest Players Double bill. (AD)
2.00 Dutch Football
3.00 Spanish Football Gold (AD)
4.00 Wrestling WWE action.
7.00 Polo The Gold Cup.
8.00 Dutch Football News and action from the Eredivisie.
9.00 Football's Greatest Players Raúl and Johan Cruyff. (AD)
10.00 Wrestling WWE Smackdown.
11.00 Dutch Football
12 midnight Spanish Football Gold (AD) **1.00am LIVE** Wrestling: action from WWE Smackdown in the USA **3.00** Football's Greatest Players (AD) **4.00–6.00am** Major League Soccer

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.30am Going for Gold **7.50** Watts **8.00** Isle of Man TT **10.00** Cycling: Track World Championship action **11.30** Tennis: ATP Atlanta Open
1.00pm Tennis: Australian Open **2.00** Tennis: French Open **3.00** Wimbledon **6.00** Going for Gold **6.15** Eurosport News **6.20** Tennis: US Open **7.20** Cycling **7.50** Triathlon **9.20** Going for Gold **9.25** Rallycross **10.30** Rallying **11.00** Eurosport News **11.05** Going for Gold **11.10** Motor Racing **12.10am** Motorcycling **12.25** Going for Gold **12.30–1.00am** Football's Greatest

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am French Football **10.00** Scottish Football **10.30** Non-League Football **11.00** Keeping Up with the Brownlees (AD)
12 noon Community Shield Football **1.30pm** Global Goals **2.00** Premier League World **3.00** European Football Show **4.00** Football **5.30** Premier League Football: West Ham v Arsenal **7.00** French Football **11.00** Angling
12 midnight Scottish Cup Football **1.30am** Uefa Super Cup **3.00** UFC **4.00** Scottish Football **4.30–6.00am** Scottish Cup Football

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

6.00am Ski Jumping **7.30** Motor Racing **9.00** British Superbikes **10.00** Sports Insiders **10.30** Snooker **12.30pm** Football's Greatest **1.55** News **2.00** British Superbikes **4.00** News **4.05** World Superbikes **5.05** Isle of Man TT **7.05** Motorcycling **8.05** Motor Racing **9.05** News **9.10** Cycling: Giro d'Italia **10.10** Tour de France **12.10am** Going for Gold **12.15** News **12.20** Watts **12.30–6.00am** Eurosport News

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am Pardon the Interruption **6.30** Around the Horn **7.00** Pardon the Interruption **7.30** Around the Horn **8.00** American Football **11.00** World Rally
12 noon ESPN FC **12.30pm** Pardon the Interruption **1.00** Drag Racing **3.30** Major League Baseball **6.30** ESPN FC **7.00** Major League Baseball: news and action
8.00 LIVE Major League Baseball Colorado Rockies v Texas Rangers (start time **8.10**).
11.00 Major League Baseball **11.30** American Football
12 midnight LIVE Major League Baseball Boston Red Sox v New York Yankees (start time **12.10am**).
3.00am Drag Racing **5.30–6.00am** American Football

WEDNESDAY Choices The pick of today's TV

LOST AND FOUND
Mandy is finally reunited with her birth mother Pamela after 48 years

PICK OF THE DAY **Long Lost Family** *9.00pm* ***ITV***

DOCUMENTARY Tonight, two people who have lived for three decades with the knowledge that their birth parent is out there somewhere – but whose decisions to finally find them have come for very different reasons.

David, a 45-year-old father of two from Cambridgeshire, discovered as a teenager that the man who had raised him was not his biological father. Now that he's given his own grown-up son a better start in life than the one he had, David wants to find the man who might show him the paternal love and pride he missed out on.

If that's not a guaranteed tear-jerker, how about the story of Mandy – a mum of two from Surrey – who found out on her 18th birthday that the woman who gave her up for adoption was not a woman at all, but a 13-year-old schoolgirl. Having chosen not to disrupt her birth mother's life back then, Mandy, now 48, has resisted the temptation to contact her. Until now.
JACK SEALE

Inside Cern: a Horizon Special

8.00pm ***BBC2***

SCIENCE Last summer, scientists at the European Organisation for Nuclear Research in Switzerland ran the Large Hadron Collider at the highest energy it has ever achieved. Within months, a mysterious spike was spotted on a graph, suggesting that lurking in this high energy was an entirely new particle, which experts say would upend our most basic understanding of physics.

The discovery could challenge our current knowledge about atoms, the fundamental building blocks of the universe... even reveal how our universe works and was created.

Horizon has spent the past year at Cern with some very excited physicists. **JANE RACKHAM**

Versailles

9.00pm ***BBC2***

DRAMA After her collapse last week Henrietta, the King's mistress/sister-in-law, bursts into the royal bedchamber, vomiting gore and moaning. She's been poisoned, either by *Versailles'* leaden scripts or by other means. The King (George Blagden) is initially reluctant to let her die messily in his bed, but Henrietta crashes down, ashen-faced and blue-lipped. It's the final episode of this jolly romp through the court of the Sun King, a man who has many enemies and all of them are closing in.

We know these are serious times because Louis walks in slow motion, like a fey Reservoir Dog. But he reveals himself to be a man of action when he confronts a killer.
ALISON GRAHAM

Containment

9.00pm ***E4***

DRAMA Life inside the supposed *cordon sanitaire* isn't very sanitaire at all; law and order has broken down, gangs of bandits roam the streets and the place is fetid with illness and rubbish. Into this horrible stew the government boss in charge of containing the outbreak of the deadly virus decides to make a quick food drop. It's largely a PR exercise now that a blogger has downloaded disturbing footage of dead bodies and the outside world is getting antsy.

Containment (based on the Belgian series *Cordon*) sticks closely to the original, so it's pacey and sharp. Yes, there's the odd cliché, but there's the feeling, too, that the ending will not be happy. **AG**
See page 43

Suspects: the Enemy Within

10.00pm ***Channel 5***

DRAMA Though *Suspects* could be seen as a one-calorie *Line of Duty*, that would be a bit unfair. It's well done, well acted and has a certain rough charm, even if the camerawork is on the dizzy/seasick side of "realistic". As the grim little team in that grim little police station by that grim, racketing London railway line investigates the brutal murders of cop Martha and her husband, there's a diversion. The body of a young woman is washed up on the Thames foreshore and her face is familiar.

There's a lot of walking along corridors and going in and out of offices, but there's the promise of revelation because that new DCI is very shifty indeed. **AG**

Uranium: Twisting the Dragon's Tail

10.00pm ***Eden***

SCIENCE How much science do you remember from school? If you're worried that a documentary about the discovery of just what uranium is capable of might be over your head, presenter and educator Dr Derek Muller is here to make it all clear (you might wish, like me, that he'd been around during your teens).

It's a fascinating, concisely explained story of how a rock dug out of a Czech silver mine was found to have energy-releasing properties. And how the work done in the early 20th century to harness that power led, ultimately, to the horrors of Hiroshima. I think I may actually have learnt something...

GILL CRAWFORD

A Granny's Guide to the Modern World

10.30pm ***C4***

DOCUMENTARY Oh dear, after 94-year-old Bobby's trials with racist language, he's now accosting people in the street to find out what he should call a homosexual. If that doesn't make you feel uncomfortable, you may need to cover your ears and eyes when Helen, who says that at 91 she's still frisky, investigates sex among the elderly.

But it's those adorable friends Margot, Trish and Daphne who steal the show. Having recovered from their cannabis experimentation, they try their hands at video games. And they do get a bit carried away. "Margot!" squeals Daphne, "This is your dead body and I'm going to kill you all over again. Yaaaay!" **JR**

UP AND DOWN
Cathy (Edele Lynch) and Dan (Greg Davies)

Man Down

10.00pm ***C4***

COMEDY OF THE WEEK Last week's bombshell sends Dan to Southend, chasing the life he might have had. After one sledgehammer intervention from Jo, she, Brian and Brian's daughters are also off to the seaside!

The road trip pushes everyone to their comedy maximum, with Dan even more deluded once he gets the idea he might be Irish, Brian self-destructively uptight, and Jo encountering kids and indeed the sea for the first time.

It's full of ludicrous laughs – Dan's belief that Irish songs are improvised on the spot provides the biggest – but with a lovely message underneath about accepting family and friends for what they are. **JACK SEALE**

DISCOVER TV

Today's best of BBC3,iPlayer, Netflix and beyond

Scream

Netflix

You need to like the soapier end of the horror genre, but this spin-off from the movie franchise – shown on MTV in the States and updated on Netflix here every Wednesday – isn't as bad as early reviews suggested. We've reached the penultimate episode of season two, which has found darker secrets among the dwindling band of teens being stalked by a killer.

Casual

Amazon Prime

Underrated on both sides of the Atlantic, this US dramedy about an unusual family unit – a rich but emotionally stunted 30-something man shares his home with his sister and her teenage daughter – offers wisdom about the constant pain of both dating and family with a weary smile. Season two looks to be heading, as the first run did, towards a delightfully agonising showdown.

Exodus

iPlayer

Don't miss a simply extraordinary three-part documentary about refugees seeking sanctuary in Europe, filmed by the migrants themselves. Episode one leaves iPlayer today. **JACK SEALE**

HIDDEN GEM

Carved with Love: the Genius of British Woodwork

3am ***BBC4***

Find succour in loving shots of curving chair legs and exquisite marquetry in this 2013 doc on the pre-eminent furniture maker of the 18th century, Thomas Chippendale. Beautiful.

FILMS OF THE DAY

■ The Deer Hunter

11.00pm ***ITV4***

The Vietnam War by way of Michael Cimino's sweeping, three-act allegorical, Oscar-hoovering epic, which follows four steeltown buddies to south-east Asia by way of some gruelling Russian roulette scenes. Theorists still argue about the sincerity or irony of its patriotism. **See page 39**

■ **The Big Sky** *1.05pm* ***Movies4Men*** Kirk Douglas heads up the Missouri River.

■ **Don't Be Afraid of the Dark** *12.35am* ***C4*** An eerie 19th-century mansion – and Guy Pearce and Katie Holmes are the poor souls who've just moved in.

CHILDREN'S CHOICE

Bottersnikes and Gumbles

6.05pm ***CBBC***

Tink hears an urban legend about an Abominable Gumble, and decides to trick the Snikes into believing he's on the loose, and hungry for them!

■ **Bedtime Story**
6.50pm ***CBeebies***
Another chance to see Annette Crosbie read Emma Chichester Clark's charming *Eliza and the Moonchild.*

BEST LIVE SPORT

■ **League Cup first round: Luton Town v Aston Villa** *7.30pm (k/o 7.45pm)* ***Sky Sports 1*** Having lost their top-flight status, a potential banana skin for the Villans.

■ **Cricket: West Indies v India, Third Test, day two** *2.55pm* ***Sky Sports 3***

■ **Twenty20 Cricket: T20 Blast quarter-final** *7pm* ***Sky Sports 2***

■ **Major League Baseball: Miami Marlins v San Francisco Giants** *5pm (start time 5.10pm)* ***ESPN***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

WEDNESDAY Main Channels

BBC1

6.00am Olympic Breakfast
With Stephanie McGovern and Naga Munchetty. Replay of last night's action from 9.15am on BBC2, followed by live coverage of the road cycling and rowing. (S) (HD)

9.15 Countryside 999
The Cornwall Air Ambulance crew helps a woman who has fallen under a horse. (R) (S) (AD) (HD)

10.00 Homes under the Hammer
Properties bought at auction in London, the Midlands and Devon. (R) (S) (AD) (HD)

11.00 Wanted Down Under
Rob hopes that a trial week spent in Adelaide will convince wife Amy to move to Australia. (R) (S) (AD) (HD)

11.45 The Housing Enforcers
A neglected property leaves Matt Allwright smelling a rat in Sandwell in the West Midlands.
Repeated tomorrow 7.45am BBC2 (Revised rpt) (S) (HD)

12.15pm Bargain Hunt
Two teams of mothers and sons are challenged to pick up bargains in Kingston upon Thames. (R) (S) (AD) (HD)

1.00 BBC News **Regional News; Weather** (S) (HD)

1.45–6.00 Olympics 2016

1.45 Road Cycling and Rowing
Chris Froome – so dominant in last month's Tour de France – will be going for gold in the individual time trial on a hilly course that's likely to suit him. He should improve upon the bronze he picked up in London four years ago. But his main rival in the Tour de France time trial, Tom Dumoulin, and German world champion Tony Martin, who finished second to Bradley Wiggins in London, will be among those pushing hard to deny Froome any medal.

On a busy day for rowing there are men's and women's quadruple sculls finals to look forward to. Germany's men won gold in 2012, with GB's crew finishing fifth, while Ukraine are the defending champions in the women's event. (S) (HD)

Road Cycling
2.00 Men's individual time trial
Featuring commentary by Simon Brotherton and Chris Boardman.
Rowing
2.20 Men's quadruple sculls final
2.34 Women's quadruple sculls final
Garry Herbert and James Cracknell commentate.

4.30 Rugby Sevens
The final pool matches take place on day two of the three-day men's competition. Fancied for a medal, Team GB's Pool C game against New Zealand should offer a clue as to whether such hopes are well founded (kick-off **4.30**). (S) (HD)

5.00–6.00 Swimming
Expect sibling rivalry in the pool as the Australian Campbell sisters take to the water. While Bronte is the world champion in the 100m freestyle, older sister Cate is the world record holder. (S) (HD)
5.02 Women's 100m freestyle heats
5.25 Men's 200m backstroke heats
5.52 Women's 200m breaststroke heats
With commentary by Adam Jameson and Adrian Moorhouse. The swimming action continues on BBC2, including the men's 200m individual medley heats.

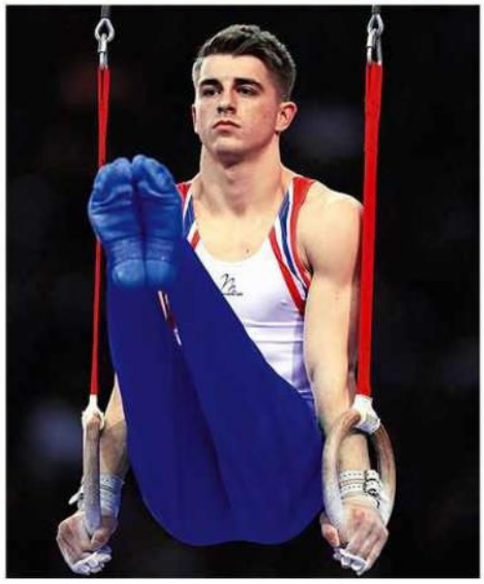
6.00 BBC News **Weather** (S) (HD)

6.30 Regional news magazines (S)

7.00–10.00 Olympics 2016

7.00 Diving and Gymnastics
There are updates from the men's synchronised 3m springboard final, where British hopes rest on the shoulders Jack Laugher and Chris Mears.

Attention then turns to the Olympic Arena, as Japan's Kohei Uchimura defends the Olympic all-around gymnastics title he won in London. Hoping to challenge his dominance is Great Britain's Matt Whitlock, who won World Championship silver in 2014 behind Uchimura. Presented by Clare Balding. The gymnastics action continues on BBC2. (S) (HD)



Gymnastics *from 8.00pm* In 2015 Matt Whitlock won Britain's first ever World Championships gold, on the pommel horse, and took World Cup all-around gold this year. Will he get another gold in the all-around at Rio?

Gymnastics
8.00 Men's individual all-around final
Commentary by Craig Heap and Christine Still.

10.00 BBC News **Regional News; Weather** (S) (HD)
Followed by **National Lottery Update** (S)

10.45–4.00am Olympics 2016

10.45 Olympics Round-up
With Clare Balding and Mark Chapman. (S) (HD)

11.00 Rugby Sevens
Highlights from the quarter-finals, played earlier this evening at the Deodoro Stadium. Clare Balding presents with John Inverdale. Eddie Butler and Sir Clive Woodward commentate. (S) (HD)

12.30am Hockey
Great Britain's men finished second to Australia in their group at the 2012 Olympics, and the two teams renew hostilities in this Group A fixture. Four years ago, GB came from 3–0 down to draw 3–3 in the group game, only to lose 3–1 six days later in the bronze-medal match. In the circumstances, motivation should not be a problem for Team GB, captained this year by Barry Middleton, who is making his fourth appearance at a summer Olympics. Presented by Jason Mohammad, with commentary by Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

2.00–4.00 Swimming
Daniel Gyurta of Hungary will be hoping to defend his Olympic title in the 200m breaststroke. World champion Natsumi Hoshi will have high hopes for the women's 200m butterfly as Olympic champion Jiao Liuyang has retired. In the men's 100m freestyle final, USA's Olympic champion Nathan Adrian can expect to be pushed by world champion Ning Zetao of China. Jason Mohammad presents, with Helen Skelton. (S) (HD)
Swimming
2.03 Men's 200m breaststroke final
2.12 Women's 100m freestyle semi-finals
2.28 Men's 200m backstroke semi-finals
2.54 Women's 200m butterfly final
3.03 Men's 100m freestyle final
3.11 Women's 200m breaststroke semi-finals
3.29 Men's 200m individual medley semi-finals
3.55 Women's 4x200m relay final

4.00 Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Water Polo, Handball and Beach Volleyball
There's a visit to the Maria Lenk Aquatics Centre today for the water polo as the men's preliminary round continues. This afternoon's games are Australia v Japan and Greece v Hungary.

Also continuing today are women's preliminaries in the handball, where Brazil play Spain.

There's also action from Copacabana Beach, where preliminary matches are played in the men's and women's beach volleyball competitions. Presented by Ore Oduba. (S) (HD)
Water Polo
1.00 Australia v Japan, men's Group A
2.20 Greece v Hungary, men's Group A
Handball
1.30 Brazil v Spain, women's Group A

3.00 Rugby Sevens and Hockey
Featuring action from the final pool games in the men's rugby sevens competition (New Zealand v Great Britain is on BBC1 at 4.30pm). The quarter-finals begin at 9pm.

In the hockey, Great Britain's women play their third game of the group stages against Argentina, the team that beat them 2–1 in the semi-finals four years ago. Las Leonas have won two bronze and two silver medals in the last four Olympic Games, so victory for GB would be a huge confidence boost. Ore Oduba presents, with John Inverdale. (S) (HD)
Rugby Sevens
3.00 France v Spain, men's Pool B
3.30 South Africa v Australia, men's Pool B
4.00 Kenya v Japan, men's Pool C
5.00 Argentina v Brazil, men's Pool A
5.30 Fiji v USA, men's Pool A
Hockey
5.30 Great Britain v Argentina, women's Group B

6.00 Swimming, Shooting and Weightlifting
The action continues at the Aquatics Stadium, where USA, the current world and Olympic champions, begin the defence of their title in the women's 4x200m freestyle heats.

But there will be no defence by Peter Wilson of the double trap shooting gold he won four years ago in London. The 29-year-old retired in 2014 while in possession of both the Olympic title and the world record, which he still held going into the Games.

One Brit who is likely to be in action is 17-year-old weightlifter Rebekah Tiler, who finished fourth in the 2014 Commonwealth Games. (S) (HD)
Swimming
6.36 Women's 4x200m freestyle heats
Shooting
7.00 Men's double trap final
Weightlifting
7.30 Women's -69kg final

9.00–2.00am Rugby Sevens, Judo and Table Tennis
The men's rugby sevens is at the last eight stage, while medals are decided in the women's singles table tennis, and the men's -90kg and women's -70kg judo competitions. Dan Walker presents.
Rugby Sevens
9.00 Men's quarter-final matches
Judo
9.00 Women's -70kg final
9.35 Men's -90kg final
Table Tennis
12.30am Women's singles bronze-medal match
1.30 Women's singles final

2.00am Britain on Film: The Joy of Tech A look at how technology transformed home life in the 1960s. (R) (S)
2.30 Sounds of the Sixties Folk performances by Tim Buckley, Bob Dylan, Joan Baez and Leonard Cohen. (R) (S)
3.00–4.00am Carved with Love: the Genius of British Woodwork Profiling influential figures in the world of wood craftsmanship, beginning with furniture maker Thomas Chippendale. **See page 87.** (R) (S) (HD)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.00am Paul Martin's Handmade Revolution A traditional skill on Shropshire's waterways. (R) (S) (HD)
6.45 Homes under the Hammer Properties in Lancashire, Kent and London. (R) (S) (HD)
7.45 The Housing Enforcers Overcrowded properties. Shown yesterday 11.45am BBC1 (S) (HD)
8.15–9.15 Sign Zone 8.15 Gardeners' World Memories of former presenter Geoff Hamilton. First shown last Friday (S) **8.45 The Hairy Builder** *4/15* Dave Myers helps renovate Clifton Cathedral. (R) (S) (AD)
9.15 Olympics 2016 Highlights Including the women's artistic gymnastics team final. Jason Mohammad presents. (S) (HD)
12.15pm Olympics 2016 Team GB's Heather Stanning and Helen Glover should be in action in the rowing pair semi-finals. Plus the women's road cycling time-trial. (S) (HD)
1.45 Red Rock Sean seeks vengeance. Cathy Belton and Denise McCormack star. (S) (AD) (HD)
2.30 The Edge Game show. (R) (S) (HD)
3.15 Escape to the Country (R) (S) (AD) (HD)
4.00 The Great Antiques Map of Britain Tim Wonnacott visits Worcester. (R) (S) (HD)
4.30 Flog It! From Cheshire. (R) (S) (HD)

5.15pm Pointless
Quiz show with Alexander Armstrong. (R) (S) (HD)

6.00 Olympics 2016
Michael Phelps is among those scheduled to be taking to the pool for the 200m individual medley heats. (S) (HD)

7.00 Eggheads
Jeremy Vine hosts the quiz show. (S) (HD)

7.30 Grand Tours of Scotland
Paul Murton takes a journey from the shores of the Lake of Menteith to the summit of Ben Nevis.
Series producer Kathryn Ross Previously shown on BBC4 (S) (HD)

8.00 Inside Cern: a Horizon Special
RT With exclusive access behind the scenes at the European Organisation for Nuclear Research (Cern), *Horizon* tells the story of how, in June 2015, scientists started running its Large Hadron Collider at its highest energy ever in their search for a new particle. Its existence, if proven, could change our understanding of how the universe works. **See page 86.**
Director/Producer Serena Davies (S) (HD)

9.00 Versailles
RT *10/10.* The traitor changes tactics and strikes at those closest to Louis – with deadly consequences. **See page 86.**

King Louis XIV	**George Blagden**	Claudine Masson	**Lizzie Brochere**
Philippe d'Orléans	**Alexander Vlahos**	Montcourt	**Anatole Taubman**
Fabien Marchal	**Tygh Runyan**	Colbert	**Steve Cumyn**
Bontemps	**Stuart Bowman**	Queen Marie-Thérèse	**Elisa Lasowski**
Chevalier	**Evan Williams**	Sophie de Clermont	**Maddison Jaizani**
Henriette	**Noemie Schmidt**	Jacques	**Gilly Gilchrist**
Athénaïs de Montespan		Louvois	**Joe Sheridan**
	Anna Brewster	The Dauphin	**James Harry Clack**
Rohan	**Alexis Michalik**	Chambermaid Marie	**Sofia Atman**
Cassel	**Pip Torrens**	Father Bossuet	**Geoffrey Bateman**

Writers Simon Mirren and David Wolstencroft (S) (AD) (HD)
Followed by **Inside Versailles** *10/10.* A closer look at 17th-century court fashion. (S) (AD) (HD)

10.00 Olympics 2016
Action from the gymnastics arena as the men's individual all-around final draws to a close. With Clare Balding. (S) (HD)

10.45 Newsnight
With Kirsty Wark. (S) (HD)

11.15 Weather (S) (HD)

11.20 People Just Do Nothing
5/5 Series 2. The Kurupt FM crew is asked to play the opening night of Chabuddy's new club.
Writers Steve Stamp and Allan Mustafa; Director Jack Clough
Producer Jon Petrie First shown on BBC3 (S) (AD) (HD)

11.50 Inside the Factory
3/6 Series 2. The production of baked beans. **See choice, p76.** Shown yesterday 8pm (S) (AD) (HD)

12.50–2.50am Sign Zone 12.50 Hugh's War on Waste: the Battle Continues *3/3.* Reducing the problem of excess packaging. (R) (S) (AD)
1.50 Saving Lives at Sea *3/4.* An 18-year-old hopes to become Newquay's first helmswoman. (R) (S) (AD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am Good Morning Britain Guest Frances O'Connor, who played Rose in *Mr Selfridge,* talks about her latest roles. (S) (HD)
8.30 Lorraine Entertainment and fashion. (S) (HD)
9.25 The Jeremy Kyle Show (R) (S) (HD)
10.30 This Morning Celebrity chat and lifestyle features. Including **Regional Weather** (S) (HD)
12.30pm Loose Women The ladies are joined by *Emmerdale* star Kelvin Fletcher. (S) (HD)
1.30 ITV Lunchtime News Regional News; Weather (S)
2.00 Judge Rinder Legal disputes. (R) (S) (HD)
3.00 Secret Dealers The dealers bid for a chamberstick by designer Archibald Knox in Warwickshire. (R) (S) (HD) Then **Regional Weather**
4.00 Tipping Point Game show. (R) (S) (HD)

5.00pm Cash Trapped
8/10. Quiz hosted by Bradley Walsh. (S) (HD)

6.00 Regional News Weather (S)

6.30 ITV Evening News Weather (S)

7.00 Emmerdale
Rakesh panics when he realises Chrissie has him exactly where she wants him. Zak tells Lisa he'll still be there for her whenever she needs him.
Writer Sharon Marshall Cast Tuesday/Thursday
Repeated ITV2 tomorrow 8am ITV2 and 12.15pm (S) (AD) (HD)

7.30 Coronation Street
Nick and Robert try to come to a deal over the bistro, while Eva gets the wrong end of the stick.

Nick Tilsley	**Ben Price**	Andy Carver	**Oliver Farnworth**
Robert Preston	**Tristan Gemmill**	Tim Metcalfe	**Joe Duttine**
Eva Price	**Catherine Tyldesley**	Faye Windass	**Ellie Leach**
Todd Grimshaw	**Bruno Langley**	Tracy Barlow	**Kate Ford**
Pat Phelan	**Connor McIntyre**	Johnny Connor	**Richard Hawley**
Vinny Ashford	**Ian Kelsey**	Zeedan Nazir	**Qasim Akhtar**
Beth Sutherland	**Lisa George**	Jenny Bradley	**Sally Ann Matthews**
Craig Tinker	**Colson Smith**	Sally Metcalfe	**Sally Dynevor**
Sinead Tinker	**Katie McGlynn**	Erica Holroyd	**Claire King**
Kirk Sutherland	**Andrew Whyment**	Sean Tully	**Antony Cotton**
Steph Britton	**Tisha Merry**	Alex Warner	**Liam Bairstow**
Leanne Battersby	**Jane Danson**		

Writer Mark Burt More cast Friday
Repeated ITV2 tomorrow 8.30am and 12.45pm (S) (AD) (HD)

8.00 Wild Animal Reunions
3/3. What is it like to be best friends with a wolf? Or a penguin? Or even a pangolin, one of the most endangered animals on the planet? And will these bonds endure when the animals and humans are reunited in the wild?
Repeated next Saturday. Director/Series producer Sarah Peat (S) (HD)

9.00 Long Lost Family
RT *5/7 Series 6.* When Mandy Hearn accessed her adoption papers, she made the shock discovery that her mother was a schoolgirl aged just 13 when she gave birth in 1968. Mandy is concerned about how the young girl may have been affected by the experience – will Davina McCall and Nicky Campbell be able to reunite them? Former British soldier David has dreamed of finding his father, and knowing what it feels like to be called "son". But will the man he's searching for feel the same way? **See page 86.**
Directors Claire Lewis and Tom McCarthy
Series producer Sally Benton Repeated next Sunday (S) (AD) (HD)

10.00 ITV News at Ten
Weather; Regional News and Weather (S)

10.45 The Chase
Bradley Walsh presents as four contestants work as a team to take on ruthless quiz genius the Chaser in pursuit of a cash prize.
Series producer David Hall; Exec producer Martin Scott (R) (S) (HD)

11.45 British Touring Cars
Round six at Snetterton, where the 16th, 17th and 18th races of the championship took place. Presented by Steve Rider, with commentary from David Addison and Tim Harvey.
Producers Nicki Deeming and Paul Roberts
Shown Saturday 4pm ITV4 (HD)

1.05am Jackpot247 Interactive gaming.
3.00 Murder, She Wrote Jessica investigates the death of an underworld loan shark in Paris. (R) (S) (SL) (AD) (HD)
3.50 Nightscreen Text information. (HD)
5.05–6.00am The Jeremy Kyle Show (R) (S) (SL) (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am 3rd Rock from the Sun (R) (S) (AD)
7.05 Everybody Loves Raymond (R) (S)
8.00 Frasier Double bill. (R) (S) (AD)
9.05 The Big Bang Theory (R) (S) (AD) (HD)
10.00 The Simpsons (R) (S) (AD)
11.30 Come Dine with Me In Leeds. (R) (S) (HD) Including **News** at **12 noon** (S) (HD)
2.10pm Fifteen to One Quiz show. (S) (HD)
3.10 Countdown With Dictionary Corner guest Charlie Stayt. (S) (HD)
4.00 Three in a Bed Tempers fray before the winner is announced. (R) (S) (HD)
5.00 Couples Come Dine with Me From the West Country. (R) (S) (HD)

6.00pm The Simpsons
Thank God It's Doomsday. Homer believes the Rapture is nigh. (R) (S) (AD)

6.30 Hollyoaks
Joanne attempts to seduce Joe.
Writer Daisy Martey Cast Tuesday/Thursday
Shown yesterday 7pm E4 Rptd tomorrow 6am E4
The next episode follows on E4 (S) (AD) (HD)

7.00 Channel 4 News
Sport; Weather (S) (HD)

8.00 The Three Day Nanny
Ep 3 *Series 3.* Kathryn Mewes helps stressed single parent Rosie Parsons, whose children hit and bite and even trash the house in a bid to win attention.
Director/Producer Joshua Good
Repeated 2.55am 4seven (S) (HD)

9.00 Britain's Benefit Tenants
New series. 1/3 *Series 2.* Following private letting agencies specialising in tenants on benefits. Novice agent Caroline becomes embroiled in a dispute.
Director/Producer Matt Fisher Repeated tomorrow 11pm C4 and Friday 9pm 4seven (S) (HD)

COMEDY OF THE WEEK

10.00 Man Down
RT *5/6 Series 3.* **Adopted.** Dan shares the shocking news of his adoption with his friends. **See page 87.**

Dan	**Greg Davies**
Nesta	**Stephanie Cole**
Jo	**Roisin Conaty**
Brian	**Mike Wozniak**
Mum	**Gwyneth Powell**
Daddy	**Tony Robinson**
Cathy	**Edele Lynch**

Writers Greg Davies, Steve Morrison, Ed Gamble, Sian Harries and Mike Wozniak; Director Al Campbell
Producer Toby Welch Rptd Friday 11.40pm (S) (AD) (HD)

10.30 A Granny's Guide to the Modern World
RT *2/3.* Ninety-four-year-old Bobby immerses himself in London's gay community and Helen, 91, attempts to bag herself a toy boy. **See page 87.**
Series producer Nick Vaughan-Smith
Executive producers Iain Wimbush and Emily Hudd
Repeated Friday 12.05am (S) (AD) (HD)

11.05 999: What's Your Emergency?
Ep 5 *Series 3.* People who are regular 999 callers. Shown last Thursday (S) (HD)

12.05am Live from Abbey Road Classics *5/6 Series 3.* Featuring the Black Keys. (S) (HD)
12.35 Don't Be Afraid of the Dark ★★★ Horror starring Guy Pearce and Katie Holmes. **Review page 39.**
Director Troy Nixey (2010, 15) (S) (SL) (W) (HD)
2.15 Phil: Secret Agent Down Under (R) (S) (HD)
3.10 Double Your House for Half the Money In Hertfordshire. (R) (S) (AD) (HD)
4.05 Kirstie's Fill Your House for Free (S) (HD)
4.15 Superfoods: the Real Story (R) (S) (HD)
4.40 Countdown (R) (S) (HD)
5.20–6.15am Fifteen to One (R) (S) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf plus 29 more Freeview channels

Regional variations

LONDON LIVE
F'view 8 **Sky** 117 **Virgin** 159

5.00am London Live Review (R) **6.00** Bruce Foxton: Live **7.30** Cash in the Attic (R)
8.30 London Live News: latest reports
10.00 Cash in the Attic: making money from unwanted items (R)
11.00 Made in Chelsea: Lucy meets a potential new suitor (R)
12 noon London Live News: latest reports
2.00pm FILM: Common People: comedy drama starring Sam Kelly
4.00 FILM: The Crowded Day: comedy drama starring John Gregson and Joan Rice
5.45 BFI London (R)
6.00 London Live News: latest reports
8.00 Smack the Pony: sketch show (R)
9.00 Spaced (R)
10.30 FILM: Restoration: period drama starring Robert Downey Jr
1.00am Da Ali G Show: double bill (R)
2.00 Noel Fielding's Luxury Comedy (R)
2.30–5.00 Desmond's: five episodes (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

WEDNESDAY Freeview

Channel 5 [5]

Suspects: the Enemy Within *10.00pm* Jack wants information from Lucy

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

6.00am Milkshake! See page 93
9.15 *New.* The Wright Stuff (HD)
11.15 Cowboy Builders Restoring a kitchen in Rochdale. (S) (HD) **12.10pm 5 News** (S) (HD)
12.15 Celebrity Big Brother: the Eviction The second eviction of the series. Shown yesterday 9pm Rptd 2pm/5pm 5 Star (HD)
1.15 Home and Away Shown yesterday 6.30pm on 5 Star Repeated 6pm on C5 (S) (AD) (HD)
1.45 *New.* Neighbours Rptd 5.30pm (S) (AD) (HD)
2.15 NCIS *10/24 Series 10.* A woman returns from a posting in the Gulf to find her husband dead. Shown Saturday 8pm (S) (AD) (HD)
3.15 The Reckoning ★★ Drama starring Katie Leclerc. A woman's life is complicated by the reappearance of an old flame. Director Mark Jean (2015) (S) (W) (HD)
5.00pm 5 News (S) (HD)
5.30 Neighbours Paige becomes more involved with Tyler. Shown 1.45pm Repeated 6pm 5 Star (S) (AD) (HD)
6.00 Home and Away Billie has strong suspicions about Mick. Shown 1.15pm Next episode 6.30pm 5 Star (S) (AD) (HD)
6.30 5 News Tonight (S) (HD)
7.00 Secrets of Great British Castles Dan Jones explores the turbulent history of Carrickfergus Castle, one of the most ancient fortifications in Northern Ireland. Directors Maurice Sweeney and Gerry Hoban Producers Una Shinners and Ciara Bresnihan (S) (HD) Followed by **5 News Update** (S) (HD)
8.00 *New.* GPs: behind Closed Doors A patient is concerned about a tingling sensation on one side of his face. Producers Paul McLean and Miriam Ryan Series producer Pat Doyle (S) (AD) (HD) Followed by **5 News Update** (S) (HD)
9.00 *New.* Celebrity Big Brother The latest highlights from the house. Rptd tomorrow 12.15pm C5; 2pm/5pm 5 Star (S) (HD)
10.00 *New.* Suspects: the Enemy Within *2/6 Series 5.* Charlie is certain a victim washed up on the riverbank was connected to the blackmailing of Martha's husband. **See page 87.**

DS Jack Weston	**Damien Molony**
DC Charlie Steele	**Clare-Hope Ashitey**
DCI Daniel Drummond	**James Murray**
DS Alisha Brooks	**Lenora Crichlow**
Lucy Harris	**Lucy Carles**

Writer Jake Riddell; Director Craig Pickles
Series producer Kara Manley (S) (AD) (HD)

11.05 *New.* Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents. (S) (HD)
12.05am *New.* League Cup Football: highlights from the first round (S) **1.00 *New.*** SuperCasino **3.10** 30 Stone but Can't Stop Eating (S) (HD) **4.00** World's Most Pampered Pets (S) (SL) (HD) **4.45** HouseBusters (S) (SL) **5.10–6.00am** House Doctor (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
My5 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p87 and **Discover TV** p44

ITV2 [6]

Hell's Kitchen *9.00pm* Gordon Ramsay turns up the heat on the contestants

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Dinner Date (S) (HD) **7.10** The Ellen DeGeneres Show (S) (HD) **8.00** Emmerdale (S) (AD) (HD) **9.00** You've Been Framed! Gold (S) **9.30** Psych (S) (HD) **10.20** Royal Pains (S) (HD) **11.15** Dinner Date (S) (HD)
12.15pm Emmerdale Shown yesterday 7pm ITV (S) (AD) (HD) **1.15** You've Been Framed! Gold (S) **1.45** The Ellen DeGeneres Show (S) (HD) **2.35** The Jeremy Kyle Show: triple bill (S) (HD) **5.50** Take Me Out (S) (HD)
7.00pm You've Been Framed! Gold Another batch of camcorder calamities. (S) **7.30** A dog playing the drums. (S)
8.00 Two and a Half Men *3/16 Series 8.* Alan uses Charlie's house to hook up with an ex-girlfriend. (S) (HD) **8.30** *4/16.* Charlie goes to check out the remains of the Makelroy house. (S) (HD)
9.00 *New.* Hell's Kitchen *5/16 Series 15.* The teams must create a holiday platter, with the winners enjoying a wine-blending experience. (S) (HD)
10.00 *New.* The Vampire Diaries *18/22 Series 7.* Enzo takes matters into his own hands when he learns some devastating news from Rayna. (S) (AD) (HD)

Enzo	**Michael Malarkey**
Rayna Cruz	**Leslie-Anne Huff**
Damon Salvatore	**Ian Somerhalder**
Alaric Saltzman	**Matthew Davis**
Stefan Salvatore	**Paul Wesley**

10.55 Family Guy *Series 9.* Mayor Adam West becomes Peter's new best friend. (S) (AD) (HD) **11.25** Lois is made to look a fool on the local news programme. (S) (AD) (HD)
11.55 American Dad! *Series 10.* The CIA teaches Stan about "rubbernecking". (S) (AD) (HD) **12.25am** Stan's heroic do-gooder alter-ego rises to the surface. (S) (AD) (HD) **12.50** Two and a Half Men: double bill (S) (HD) **1.40–2.30am** Hell's Kitchen (S) (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Soapbox Race (HD) **9.00** Lizard Lick Towing (S) (HD) **10.00** American Pickers (S) (HD) **11.00** Storage Hunters UK (S) (HD) **11.30** Storage Hunters (S) (HD)
12 noon Top Gear (S) (AD) **1.00pm** American Pickers: double bill (S) (HD) **3.00** World's Most Dangerous Roads (S) (HD) **4.00** Lizard Lick Towing (S) (HD) **5.00** Soapbox Race: coverage of an event in Barcelona (HD)
6.00pm Top Gear A mountain bike is pitted against a car in a race through Lisbon. (S) (AD)
7.00 American Pickers Mike is impressed by a vintage caravan and a totem pole. (S) (HD)
8.00 QI XL With Jo Brand. (S) (HD)
9.00 Would I Lie to You? With guests Mel Giedroyc, Bob Mortimer and Adil Ray. (S) (HD)
9.40 Mock the Week Gary Delaney, Miles Jupp and Nathan Caton guest. (S) (HD)
10.20 QI With Dara O Briain. (S)
11.00 Jeremy Clarkson guests. (S)
11.40 Would I Lie to You? (S) (HD)
12.20am Mock the Week (S) (HD) **1.00** QI (S) **2.20** Mock the Week (S) **3.00–4.00am** X-Fighters (HD)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV3 [10]

Without You *10.00pm* Ellie makes a discovery about her husband

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Doctor in the House (S) **6.25** Heartbeat (S) **7.30** Where the Heart Is (S) (AD) **8.30** The Royal (S) (AD) **9.35** Judge Judy (S) (HD) **10.55** Murder, She Wrote (S) (AD) (HD) **11.55** Love Your Garden (S) (HD)
1.00pm Heartbeat (S) **2.00** The Royal (S) (AD) **3.05** Where the Heart Is (S) (AD) **4.10** Doctor in the House (S) **4.45** Rising Damp (S) **5.15** George & Mildred
5.50pm Heartbeat Tricia's involvement with a racehorse trainer ends in tragedy, while Vernon has a surprise visit from a long-lost relative. (S)
6.50 Murder, She Wrote Jessica looks into the mysterious death of a flamboyant hypnotist. (S) (AD) (HD)
7.55 Foyle's War *2/4 Series 2.* **Among the Few.** Sam and Foyle are shot at and almost run over by a speeding vehicle. An undercover investigation reveals the detective's son Andrew to be involved. (S) (AD)
10.00 Without You *3/3.* Ellie's desperate attempts to disprove circumstantial evidence about her husband's death have had dramatic repercussions, alienating her friends. Feeling isolated, Ellie is surprised when Melina Livingstone's husband Hugo offers her a clue to what happened on the night of Greg's death, prompting her to pursue the truth whatever the cost. (S) (AD) (HD)
11.00 Wire in the Blood *4/4 Series 3.* **Synchronicity.** Tony wakes up in hospital after being hit on the head by a would-be murderer – and discovers he is suffering from a brain tumour that is dramatically affecting his behaviour. Meanwhile, a spate of random shootings spreads terror throughout Bradfield, and Carol comes under pressure to bring the sniper responsible to justice. (S)
12.35am Inspector Morse (S) (HD) **2.25–2.30am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am Magnum, PI (S) (SL) (HD) **6.50** Gunsmoke (S) (SL) **7.45** The Sweeney (S) **8.45** Ironside **9.50** Quincy (S) (AD) (HD) **10.55** Magnum, PI (S) (HD) **11.55** Gunsmoke (S)
1.00pm Pawn Stars (S) (HD) **2.00** Storage Wars (S) (HD) **2.55** The Sweeney (S) **3.55** Quincy (S) (AD) (HD) **5.00** Ironside
6.00pm Storage Wars Double bill. (S) (HD)
7.00 Pawn Stars A Gatling machine gun. (S) (HD)
7.30 The guys check out a motorbike once owned by actor Steve McQueen. (S) (HD)
8.00 *New.* British Superbikes Action from the seventh round of the season. (S) (HD)
9.00 *New.* The Motorbike Show How a California-based Brit is reviving the American chopper. Rptd tomorrow 8pm (S) (HD)
10.00 *New.* TT Blues Heavy fog threatens the last 2016 TT race. Rptd Friday 8pm (S) (HD)
11.00 FILM The Deer Hunter ★★★★★ Oscar-winning drama starring Robert De Niro, John Cazale, John Savage and Christopher Walken. **Film of the Day: p39.** (S) (AD) (W) (HD)
2.40am Movies Now: news and reviews (HD) **2.50–3.00am** Nightscreen (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

Drama [20]

Cadfael *8.00pm* A nun's body is found frozen in a block of ice

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am The Bill (S) **8.00** Sharpe (S) **10.00** Lovejoy (S) **11.00** The Bill: double bill (S)
1.00pm Last of the Summer Wine (S) **1.40** Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe (S) **5.00** Lovejoy: the antiques dealer is threatened by a debt collector (S)
6.00pm Brush Strokes Jacko's interest in football is revived – much to Eric and Jean's amusement.
6.40 Last of the Summer Wine Compo and Clegg hatch a devious plan to free hen-pecked Wally and Howard from their wives – if only for a few hours. (S)
7.20 Whatever Happened to the Likely Lads? Thelma goes to live with her mother, leaving Bob to bemoan his fate. (S)
8.00 Cadfael **The Virgin in the Ice 1/2.** The 12th-century sleuth sets out to clear his novice Oswin of murdering a nun whose body has been found frozen in a block of ice.
9.00 Judge John Deed *2/4 Series 3.* **Judicial Review.** Everard hands down a lenient sentence to a political benefactor accused of running over a mother and her two children. Deed accuses him of corruption, and Monty responds by putting pressure on Jo, ostracising her to the point where she begs her friend to back down. (S) (AD)
11.00 Birds of a Feather Dorien shuns exclusive boutiques and begins buying clothes from department stores, leading Sharon and Tracey to suspect serious psychological problems.
11.40 The Bill Zain and Kristen meet up and prepare to cover their tracks, but suspicion mounts about the undercover cop's involvement in the drugs gang. (S)
12.40am Lovejoy (S) **1.40** The Indian Doctor **2.35** Cadfael **3.20–4.00am** Birds of a Feather

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Be Beautiful (S) (HD) **9.10** The Only Way Is Essex (S) (HD) **10.00** Who's Doing the Dishes? (S) (HD) **11.00** Flipping Out (HD)
12 noon Buying and Selling (HD) **1.00pm** Dinner Date (S) (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City (S) **4.00** The Real Housewives of Cheshire: double bill (S) (HD)
6.00pm Dinner Date Potential suitors woo a single man from London. (S) (HD)
7.00 Buying and Selling Terri and Paul need a quick sale in order to relocate so that their sons can attend a prestigious school. (HD)
8.00 *New.* Dinner Date Niomi from London goes on three blind dates. (S) (HD)
9.00 *New.* Elliott Wright: Playa in Marbella Elliott leaves Jeremy in charge, with disastrous consequences. (S) (HD)
10.00 *New.* The Only Way Is Essex Following a group of people in Essex. (S) (HD)
10.50 Married to Medicine Jackie tries to patch things up between Mariah and Toya. (HD)
11.50 As 9pm.
12.50am Shopping **5.55–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

Containment *9.00pm* Dr Lommers attempts to organise a food drop

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 HD **Virgin** 145

6.00am Hollyoaks Shown yesterday 6.30pm C4 (S) (AD) (HD) **6.25** Coach Trip: Road to Ibiza Shown yesterday 7.30pm (S) (AD) (HD) **6.50** Melissa & Joey (S) (AD) (HD) **7.10** How I Met Your Mother (S) (AD) (HD) **8.05** Rules of Engagement (S) (HD) **9.00** The Goldbergs (S) (AD) (HD) **10.00** Baby Daddy (S) (HD) **11.00** Charmed (S)

1.00pm How I Met Your Mother (S) (AD) (HD) **2.00** The Big Bang Theory (S) (AD) (HD) **3.00** Baby Daddy (S) (HD) **4.00** Melissa & Joey (S) (AD) (HD) **5.00** The Goldbergs (S) (AD) (HD)

6.00pm The Big Bang Theory *8&9/24 Series 5.* (S) (AD) (HD)

7.00 *New.* Hollyoaks Is the bubble about to burst for Ellie? Cast pp79/99 Rptd tomorrow 6.30pm C4 (S) (AD) (HD)

7.30 *New.* Coach Trip: Road to Ibiza Brendan takes the group wakeboarding, before spoiling them with a scenic plane trip. Repeated tomorrow 6.25am (S) (AD) (HD)

8.00 *New.* Jane the Virgin *21/22 Series 2.* Jane learns there might be a problem with her wedding venue. (S) (AD)

9.00 *New.* Containment RT *5/13.* Katie notices that the timeline leading up to the outbreak does not make sense. **See page 86.** (S) (AD)

Alex "Lex" Carnahan	**David Gyasi**
Sabine Lommers	**Claudia Black**
Katie Frank	**Kristen Gutoskie**
Jake	**Chris Wood**
Jana	**Christina Marie Moses**

See page 43

10.00 *New.* Supernatural *17/23 Series 11.* While the brothers rescue two victims who have been captured by a pair of werewolves, Sam gets shot. (S)

11.00 The Big Bang Theory *6&7/17 Series 1.* (S) (AD) (HD)

12 midnight Gogglebox (S) (SL) (HD) **1.00am** First Dates (S) (HD) **2.05** Rude Tube (S) (HD) **2.30** Supernatural (S) **3.15** Containment (S) (AD) **4.00** Rules of Engagement (S) (HD) **4.40–6.00am** Charmed (S) (SL)

E4 +1 Freeview 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 HD **F'view** 110

9.00am Come Dine with Me: five episodes (S) (HD) **11.30** Meet What You Eat (S) (AD) (HD)

12 noon The Question Jury (S) (HD) **1.00pm** Inside Out Homes (S) (AD) (HD) **2.00** Phil: Secret Agent Down Under (S) (HD) **3.00** Grand Designs Australia (S) (HD) **4.00** Couples Come Dine with Me (S) (HD) **5.00** Double Your House for Half the Money (S) (HD)

6.00pm Phil: Secret Agent Down Under A search for property in Brisbane. (S) (AD) (HD) **7.00 Come Dine with Me** In Jersey. (S) (HD) **8.00 Location, Location, Location** Kirstie Allsopp and Phil Spencer are in Sussex. (S) (HD) **9.00 Gogglebox: Brexit Special** The regular households discuss all things Brexit. (S) (AD) (HD) **10.00 First Dates *Ep 1*** *Series 7.* Looking for love this week are a man with Tourette syndrome, a female boat builder and a 79-year-old history student. **See choice, p77.** Shown yesterday 10pm Channel 4 (S) (AD) (HD) **11.05 Naked Attraction *Ep 3.*** A single mum seeks a man. Shown Monday 10pm C4 (S) (HD)

12.05am Walking the Himalayas (S) (AD) (HD) **1.05** The World's Weirdest Weather (S) (AD) (HD) **2.00** One Born: What Happened Next? (S) (AD) (HD) **2.55** The Three Day Nanny (S) (HD) **3.50–4.50am** Couples Come Dine with Me (S) (HD)

More4 14

Selling Houses with Amanda Lamb *9.00pm* Surrey homeowners compete

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 HD **Virgin** 203

8.55am Jamie's 15-Minute Meals (S) (AD) (HD) **9.35** A Place in the Sun: Winter Sun (S) (HD) **10.35** Hugh's Three Good Things: Best Bites (S) (HD) **10.45 FILM** Crash Dive ★★ Second World War adventure with Tyrone Power and Anne Baxter (S) (HD)

12.55pm Time Team (S) (HD) **3.05** A Place in the Sun: Winter Sun: double bill (S) (HD)

5.15pm Four in a Bed The B&B challenge visits Worcestershire East Sussex, Norwich and Cornwall. (S) (HD)

7.55 Grand Designs In south-east London, Tracy and Steve have designed an unconventional family home and workspace. (S) (AD) (HD)

9.00 *New.* Selling Houses with Amanda Lamb *3/9 Series 6.* In Surrey, three homeowners compete to sell their properties. (S) (HD)

10.00 Eight out of Ten Cats Does Countdown With guests Bob Mortimer, Richard Osman and Matthew Crosby. (S) (HD)

11.05 Bodyshockers: Nips, Tucks and Tattoos A man who wants a giant tattoo. (S) (HD)

12.10am Ramsay's Kitchen Nightmares USA (S) **1.10** Selling Houses with Amanda Lamb (S) (HD) **2.15** Bodyshockers: Nips, Tucks and Tattoos (S) (HD) **3.25–3.35am** River Cottage Bites (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **10.00** Access **10.10** Jane Doe: How to Fire Your Boss (S) (AD) **12 noon** CSI: NY (S) **1.00pm** NCIS (S) (AD) **2.00** Person of Interest (S) (AD) **4.00** NCIS (S) (AD) **5.00** CSI: NY (S)

6.00pm CSI: Miami ***14/24*** *Series 5* (S) (AD) **7.00** NCIS ***7&8/19*** *Series 5* (S) (AD) **9.00** Chicago Fire ***24/24*** *Series 1.* The team becomes trapped at the county jail **10.00** Law & Order: Special Victims Unit ***4/22*** *Series 10* (S) **11.00** CSI: Miami ***4/24*** *Series 5* (S) (AD) **11.55** CSI: NY ***14/24*** *Series 3* (S) (AD) **12.50am** CSI: Miami: Natalia is accused of murder (S) **1.50** Person of Interest (S) (AD) **3.30** True Crimes: the First 72 Hours **3.55–4.00am** Access

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.25** That '70s Show (S) **9.15 FILM** Alvin and the Chipmunks: Chipwrecked ★★ (S) **11.00** That '70s Show (S) **12 noon** My Wife and Kids (S) **1.00pm** Dance Moms Launch Special (S) **1.55** Access **2.00** Celebrity Big Brother: Eviction **3.00** Neighbours (S) (AD) **3.30** Home and Away (S) (AD) **4.00** 8 Simple Rules (S) **5.00** Celebrity Big Brother: Eviction **5.55** Access **6.00** Neighbours Shown 5.30pm C5 (S) (AD) **6.30 *New.*** Home and Away Rptd Thu 6pm C5 (S) (AD) **7.00** Dance Moms (S) **8.00 *New.*** 100 Per Cent Hotter (S) **9.00** Body Freaks: Old Face, New Face (S) **10.00 *New.*** When Kids Kill: Britain's Youngest Serial Killer (S) **11.00** Autopsy: Whitney Houston's Last Hours (S) **12 midnight *New.*** Celebrity Big Brother **1.00am** Teen Wolf **2.50** Top 20 **3.30** Ridiculousness **3.55–4.00am** Access

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p94**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Great British Railway Journeys **8.00** The World at War (S) **9.00** Monarchy by David Starkey (S) (AD) **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)

12 noon Great British Railway Journeys **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Great British Railway Journeys

6.00pm The World at War How German U-boats were used to try to starve Britain. (S) **7.00 Monarchy by David Starkey** The reigns of James I and Charles I. (S) (AD) **8.00 'Allo 'Allo!** Herr Flick is imprisoned. (S) **8.35 Yes Minister** Double bill. (S) **9.55 Whatever Happened to the Likely Lads?** Bob has doubts about his marriage. (S) **10.35** Terry looks for a job. (S) **11.15 'Allo 'Allo!** Starring Gorden Kaye. (S) **11.45 Museum Secrets** The Israel Museum. (S) **12.50am** Great British Ghosts (S) **1.20** Caligula with Mary Beard (S) **2.20–3.00am** Great British Ghosts (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** Escape to the Country **11.00** Fantasy Homes by the Sea **12 noon** Homes under the Hammer **1.00pm** Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country **5.00** Fantasy Homes by the Sea **6.00pm** Flog It! **7.00** Homes under the Hammer **8.00** DIY SOS **9.00** A Place in the Sun: Home or Away **10.00** Fantasy Homes by the Sea **11.00** Escape to the Country **12 midnight** DIY SOS **1.00am** Flog It! **2.00** Homes under the Hammer **3.00–4.00am** A Place in the Sun: Home or Away

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers **12 noon** Police Interceptors **2.00pm FILM** Hour of the Gun ★★★★ Western starring James Garner. **Review page 39** **4.00** Police Interceptors **5.00** Eddie Stobart: Trucks and Trailers **6.00pm** Police Interceptors: double bill **8.00** Police Interceptors: Fast and Furious **9.00 *New series.*** Manhunt: Kill or Capture: part-dramatised crime documentary series, starting with a look at drug lord El Chapo **10.00** The X-Files ***10/20*** *Series 5* **11.00 FILM** Crank: High Voltage ★★ Action thriller starring Jason Statham **12.45am** Beware: Robbers on the Rampage **1.45 *New.*** 19-2 **2.45–3.00am** Access

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12 noon** The Avengers (BW) **1.00pm** McBride: It's Murder, Madam **3.00** Danielle Steel's Message from Nam **5.00** Highway to Heaven **6.00pm** Touched by an Angel **7.00** M*A*S*H **8.00** The Avengers (BW) **9.00 FILM** My Son Is Innocent ★★ **11.00 FILM** Mom at Sixteen ★★ **1.00–3.00am FILM** The Pursuit of DB Cooper ★★

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am The Lost World **9.00** Tales from the Darkside **10.00 FILM** Arachnoquake ★★ **11.50** Horror Highlights **12 noon** The War of the Worlds **1.00pm FILM** Satan's School for Girls ★★ **2.50** Horror Highlights **3.00** The Incredible Hulk **4.00 FILM** Quatermass and the Pit ★★★ **6.00** The Lost World **7.00** Tales from the Darkside **8.00** The War of the Worlds **9.00 FILM** The Vault of Horror ★★★ **10.45 FILM** Primal ★★ **12.25am FILM** Mother's Day ★★★★ **2.35 FILM** Dark Circles ★★ **4.20–4.30am** Horror Highlights

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am 60-Minute Makeover **7.00** Most Haunted **8.00** 6ixth Sense **9.00** Relic Hunter **10.00** Andromeda **11.00** Stargate SG-1 **12 noon** Border Security (AD) **1.00pm** 60-Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** The Dog Whisperer (AD) **5.00** Monkey Business **6.00** A Town Called Eureka (AD) **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Bones (AD) **10.00** Criminal Minds **11.00** Brit Cops (AD) **12 midnight** Police Force: Australia (AD) **1.00am** Road Wars **2.00** Most Shocking **3.00** Bones (AD) **4.00** Motorway Patrol **4.30** Highway Patrol **5.00–6.00am** Road Wars

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes under the Hammer **12 noon** DIY SOS (AD) **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes under the Hammer **8.00** Escape to the Country **9.00 *New series.*** Countdown to Murder **10.00** The OAP Killer: First Kill, Last Kill **11.00** Cold Justice (AD) **12 midnight** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Shopping **4.00–6.00am** The Clothes Show: triple bill

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am The Great Rod Race **6.20** Total Fishing **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** Wheeler Dealers **11.00** Fifth Gear **12 noon** Mega Shippers **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: a Profile **5.00** World War II: Complete History **6.00** Born Survivor: Bear Grylls **7.00** Salvage Hunters **9.00** James May's Toy Stories **10.00** Wheeler Dealers **11.00** Destroyed in Seconds **12 midnight** Forensic Detectives **1.00am** FBI Files **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00–6.00am** Scrapheap Challenge

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase **9.00** Pointless **10.00** Deal or No Deal **11.30** Supermarket Sweep **12 noon** Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase **2.00** Pointless **3.00** The Chase **4.00** The Chase USA (AD) **5.00** Total Wipeout (AD) **6.00pm** Robot Wars (AD) **7.00** Pointless **9.00** The Chase **10.00** Who Wants to Be a Millionaire? **11.00** Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars (AD) **5.00–6.00am** Are You Smarter than a Ten Year Old? (AD)

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

9.00am JAG **10.00** MacGyver **11.00** Star Trek: Deep Space Nine **12 noon** Star Trek **1.00pm** Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG: Harm helps the mother of a Marine **6.00pm** Star Trek: a mad scientist plans to turn people into androids **7.00** MacGyver **8.00** Star Trek: Deep Space Nine **9.00** NCIS **10.00** Bad Girls **10.50** Walker, Texas Ranger **11.45** NCIS **2.30am** The Streets of San Francisco **3.35** Walker, Texas Ranger **4.20–6.00am** Flashpoint

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn **12 noon** Judge Judy **1.00pm** The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI: Crime Scene Investigation **6.00** Dr Quinn **7.00** Heir Hunters **8.00** Judge Judy **10.00** Cheaters **12 midnight** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45–5.00am** The High Chaparral

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

6.20am Britain and the EU **7.15** Briefings **7.50** BOOKtalk **8.10** Holidays **9.50** Steel **11.15** Lords **1.15pm** BOOKtalk **1.30** Briefings **2.15** Rail Passenger **3.30** Kinnock **4.15** Ireland: 1916 and Beyond **5.05** BOOKtalk **5.25** Trident **7.25** Ireland: 1916 and Beyond **8.10** Briefings **9.30** English Votes **11.10** Briefings **11.40** Gaitskell **12.30am** Briefings **2.10** PMQs **2.50** Britain's Vote **4.10** BOOKtalk **4.30** Speaker's House **5.15–6.35am** Zafira B Fires

Books Summer reading inspiration Your RT P140

WEDNESDAY Satellite & cable

Bradley Wiggins: the Road to Rio *10.00pm* Gearing up

Sky1

Sky 106 **Virgin** 110 **HD** **Virgin** 109

6.00am Supergirl (S) (HD) **7.00** The Flash (S) (HD) **9.00** Futurama (S) **10.00** Ninja Warrior (S) **11.00** NCIS: Los Angeles (S) (HD) **12 noon** Hawaii Five-0 (S) (HD) **1.00pm** Supergirl (S) (HD) **2.00** The Flash (S) (HD) **4.00** Modern Family (S) (HD) **5.00** The Simpsons (S) (HD) **5.30** Futurama: double bill (S) (AD)

6.30pm The Simpsons Marge starts her own sandwich shop. **7.00** Halloween stories include Bart unlocking a portal to hell. **7.30** Mr Burns launches a fracking operation. (S) (HD)

8.00 Don't Tell the Bride *3/6 Series 12.* A groom plans a Wild West-themed wedding. (HD)

9.00 Karl Pilkington: the Moaning of Life *4/5 Series 1.* Karl considers professional success in Japan, South Africa and the US. (S) (AD) (HD)

10.00 Bradley Wiggins: the Road to Rio The cyclist's preparations for the Olympic Games. (S) (HD)

11.00 Premier League Years Classic games and blunders from the 2013/14 season. (S) (HD)

1.00am NCIS: Los Angeles (S) (HD) **2.00** Limitless (S) (AD) (HD) **3.00** Arrow: an ex-con targets Laurel (S) (AD) (HD) **4.00** Road Wars (S) (HD) **5.00–6.00am** Ninja Warrior (S)

Sky1 +1 **Sky** 130

Sky Arts

Sky 121 **Virgin** 122 **HD** **Virgin** 206

6.00am She Stoops to Conquer (S) (HD) **6.30** Gilbert and Sullivan: a Motley Pair (S) (HD) **7.00** André Rieu: Welcome to My World (HD) **8.00** Tales of the Unexpected **9.00** Discovering: Anthony Quinn (S) (HD) **10.00** Matthew Bourne's The Car Man (HD) **11.45** Neil Young: a MusiCares Tribute (S) (HD) **1.00pm** Tales of the Unexpected (S) **2.00** Talks Music (S) (HD) **3.00** Saint-Saëns and Schubert: Bertrand (HD) **4.35** Classical Destinations (HD) **4.45** Art Blakey and the Jazz Messengers: Live in '58 (S)

6.00pm Celebrity Exposed (S) (HD)

6.30 Royalty Close Up (S) (HD)

7.00 Master of Photography (S) (HD)

8.00 ***New.*** **Auction** The Hospices de Beaune wine auction. (S) (HD) **8.30** ***New.*** In London, Christie's sells a selection of Old Masters. (S) (HD)

9.00 Dean Martin: a Legend in Concert Performances. (S)

10.00 ***New.*** **The South Bank Show Originals** Herbie Hancock. (HD) **10.30** ***New.*** Wynton Marsalis. (S) (HD)

11.00 ***New.*** **Dag** *3/10 Series 4* Benedikt has an encounter with a female orchestra. (HD) **11.30** ***New.*** *4/10.* Eva reveals a secret. Norwegian +subtitles. (HD)

12 midnight Hollywood: Singing and Dancing (S) (AD) **1.15am** Trailblazers: Heavy Metal (S) (HD) **2.15** Monty Python: Almost the Truth (S) (HD) **3.30** Dmitri Shostakovich: a Man of Many Faces (S) **4.45–6.00am** National Trust: National Treasures (S) (AD) (HD)

Game of Thrones *9.00pm* Tyrion tackles King Joffrey

Sky Atlantic

Sky 108

6.00am Richard E Grant's Hotel Secrets (S) (HD) **7.00** The British (S) (HD) **8.00** Cold Case (S) (HD) **10.00** The West Wing (S) (HD) **11.00** House (S) (HD) **12 noon** Without a Trace (S) (HD) **1.00pm** Blue Bloods (S) (AD) (HD) **2.00** The Petrol Age (S) (HD) **3.00** Cold Case (S) (HD) **5.00** The West Wing (S) (HD)

6.00pm House *3/22 Series 1* A student collapses. (S) (HD)

7.00 Without a Trace *11/23 Series 3.* A student at a private school goes missing. (S) (HD)

8.00 Blue Bloods *9/22 Series 2* Jamie goes under cover in a criminal organisation. (S) (AD) (HD)

9.00 Game of Thrones *1/10 Series 2.* As Westeros prepares for war, Robb Stark marches south to avenge his father. (S) (AD) (HD) **10.10** *2/10.* Tyrion chastises Cersei for alienating Joffrey's subjects, and Theon is reunited with his father on the Iron Islands. (S) (AD) (HD)

11.20 Dexter *5/12 Series 5* The vigilante decides the fate of an unwelcome conspirator. (HD)

12.30am The Sopranos (S) (HD) **1.40 FILM** The Enemy Within ★★★ Conspiracy thriller. (W) (HD) **3.20** Veep (S) (AD) (HD) **4.00** Richard E Grant's Hotel Secrets (S) (HD) **5.00–6.00am** The British (S) (HD)

Sky Atlantic +1 **Sky** 170

Universal

Sky 113 **Virgin** 137 **BT** 320

6.00am CSI: Miami (S) (HD) **7.00** Home Shopping **8.00** CSI: Miami (S) (HD) **10.00** Law & Order (S) (HD) **2.00pm** NCIS: four episodes (S) (HD)

6.00pm NCIS *2/25 Series 6* A lieutenant commits suicide by jumping from an aircraft carrier and Ziva and McGee are dispatched to inform the widow. (S) (HD) **7.00** *3/25.* Gibbs receives a call from his old friend Senator Patrick Kiley, who claims he is being framed for murder. (S) (HD)

8.00 Major Crimes *4/23 Series 4* On his first day as a reserve officer, Buzz uncovers a dead body in a hotel bath. (S) (HD)

9.00 Law & Order: Special Victims Unit *4/23 Series 6.* The detectives are taunted by a killer who leaves clues about his next targets scattered around the city. **10.00** *6/23.* A psychiatrist uses his professional expertise in a bid to escape punishment for avenging his young son's death at the hands of another child. **11.00** *15/23 Series 13.* A prostitute is reported missing, leading Benson and Haden to discover that several other women have also disappeared after placing ads on the same website. (S) (HD)

12 midnight Law & Order: Special Victims Unit: double bill (S) (HD) **2.00am** Major Crimes (S) (HD) **3.00** Numb3rs (S) (AD) (HD) **5.00–6.00am** CSI: Miami (S) (HD)

Universal +1 **Sky** 150 **Virgin** 138

Shades of Blue *9.00pm* Cristina and Harlee Santos

Sky Living

Sky 107 **Virgin** 112 **HD** **Virgin** 111

6.00am UK Border Force (S) (AD) (HD) **8.00** House Hunters International (S) (HD) **9.00** Nothing to Declare (S) (HD) **11.00** RSPCA Animal Rescue (S) (HD) **12 noon** The Biggest Loser: Australia (S) **1.00pm** Million Dollar Listing NYC (S) (HD) **2.00** Criminal Minds (S) (HD) **4.00** UK Border Force (S) (AD) (HD) **5.00** Nothing to Declare (S)

6.30pm Cooks to Market Cake mix v South African biscuits. (HD)

6.45 ***New.*** **My Kitchen Rules: Australia** Contestants transform their homes into restaurants. (HD)

8.00 Criminal Minds *12/24 Series 8.* Reid's mystery love interest is kidnapped. (S) (HD)

9.00 ***New.*** **Shades of Blue** *5/13* A drug lord tells Harlee he has some dirt on Wozniak. (S) (HD)

10.00 Blindspot *5/23.* Jane gets flashbacks after meeting Weller's sister. (S) (AD) (HD)

11.00 Criminal Minds *19/23 Series 10.* An American family are kidnapped in Barbados. (S) (HD)

12 midnight Criminal Minds (S) (HD) **1.00am** Bones (S) (AD) (HD) **3.00** Criminal Minds (S) HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 **Sky** 122 **Virgin** 140

Sky2

Sky 129 **Virgin** 121

6.00am Stop, Search, Seize (AD) **8.00** 60-Minute Makeover **9.00** Ninja Warrior (S) **10.00** Robot Wars Extreme (AD) **11.00** Monkey Life (S) (AD) **12 noon** Greggs: More than Meats the Pie (S) (AD) **1.00pm** Robot Wars Extreme (AD) **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter (S) **4.00** Danger Dogs (S) **5.00** Stargate SG-1 (S) **6.00** Relic Hunter (S) **7.00** A Town Called Eureka (S) **8.00** Arrow (S) (AD) **9.00** Supergirl (S) **10.00** DC's Legends of Tomorrow (S) (AD) **11.00** The Force: Manchester (S) (AD) **1.00am** Supergirl (S) **2.00** DC's Legends of Tomorrow (S) (AD) **3.00** Ninja Warrior (S) **4.00** Robot Wars Extreme (AD) **5.00–6.00am** Andromeda (S)

Syfy

Sky 114 **Virgin** 135 **BT** 319 **HD** **Virgin** 165 **BT** 375

6.00am Buffy the Vampire Slayer **8.00** Home Shopping **11.00** Star Trek: Voyager **12 noon** Star Trek: the Next Generation **2.00pm** **FILM** Airplane vs Volcano ★ **4.00** **FILM** Earthfall ★★ Sci-fi disaster movie starring Joe Lando **6.00pm** Star Trek: the Next Generation **8.00** Killjoys **9.00** Dark Matter **10.00 FILM** Death Race: Inferno ★★ Action thriller sequel starring Luke Goss **12.10am** Fact or Faked: Paranormal Files: evidence of a large predator on Dartmoor **1.10** Star Trek: Voyager **2.10** Star Trek: the Next Generation **4.10–6.00am** Quantum Leap

Syfy +1 **Sky** 194 **Virgin** 136

In the Club *9.00pm* The pressure is building for Kim

W

Sky 109 **Virgin** 125 **BT** 311 **HD** **Virgin** 191 **BT** 383

6.10am MasterChef Australia: the Professionals (S) (HD) **8.00** Extreme Makeover: Home Edition (S) **9.00** My Dream Home (S) (HD) **10.00** The Bill (S) **11.00** Tipping Point (HD) **1.00pm** ***New.*** Judge Faith (HD) **2.00** Traffic Cops **2.40** Extreme Makeover: Home Edition (S) **3.40** My Dream Home (S) (HD) **5.40** Tipping Point (HD)

6.40pm Extreme Makeover: Home Edition The team builds a home for a woman whose young son has a blood disorder. (S)

7.40 Celebrity MasterChef The hopefuls cook sausages and onion gravy, and then prepare lunch for 120 hungry students at the Royal College of Music. (S) (HD)

9.00 In the Club *4/6 Series 1.* Kim feels the pressure as she, Rosie and baby Dinah stay at Neil's flat. (HD)

10.05 Baby Geniuses ★ Comedy fantasy adventure with Kathleen Turner. Convinced that infants communicate with each other in a secret language, Dr Elena Kinder conducts research on a laboratory full of tots. (HD)

12 midnight Derren Brown: Trick or Treat **12.35am** Atlantis (HD) **2.25–3.00am** Doctor Who: the Doctors Revisited (S) (HD)

W +1 **Sky** 213 **Virgin** 131

TLC

Sky 125 **Virgin** 167 **BT** 323 **HD** **Virgin** 168 **BT** 377

6.00am Little People, Big World **7.00** Say Yes to the Dress **8.00** Say Yes to the Dress: Atlanta **9.00** Say Yes to the Dress **10.00** Judge Jeanine Pirro **11.00** Hoarding: Buried Alive **12 noon** Extreme Couponing Special **1.00pm** Little People, Big World **2.00** Cake Boss: the Next Great Baker **3.00** Something Borrowed, Something New **4.00** Say Yes to the Dress: Bridesmaids **5.00** Say Yes to the Dress: Atlanta **6.00** Say Yes to the Dress **8.00** ***New.*** Whitney: Fat Girl Dancing (HD) **9.00** ***New series.*** Sweet 15: Quinceañera **10.00** ***New.*** Mistresses **11.00** Devious Maids **12 midnight** as 8pm **1.00am** as 9pm **2.00** Mistresses **3.00** as 12 noon **4.00** Cake Boss: the Next Great Baker **5.00–6.00am** Something Borrowed, Something New

TLC +1 **Sky** 154 **Virgin** 169

Lifetime

Sky 156 **Virgin** 208 **BT** 329 **HD** **Virgin** 209 **BT** 384

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12 noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00** ***New.*** Judge Judy (HD) **8.00** Judge Judy (HD) **9.00** ***New.*** Little Women: NY: DJ asks Jason to move in with him (HD) **10.00** The Joy of Sex Toys (HD) **12 midnight** Little Women: NY (HD) **1.00am** The Joy of Sex Toys (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20–6.00am** Hardcore Pawn (HD)

Lifetime +1 **Sky** 197

Come Fly with Me *9.45pm* Melody and Keeley jet off

Gold

Sky 110 **Virgin** 124 **BT** 310

7.00am Outnumbered (S) (AD) **7.30** The Brittas Empire (S) **8.10** My Hero (S) **8.50** Last of the Summer Wine (S) (AD) **10.50** The Green Green Grass (S) **12.50pm** Outnumbered (S) (AD) **1.30** The Brittas Empire (S) **2.10** My Hero (S) **2.50** Last of the Summer Wine (S) (AD) **4.50** Creature Comforts (S) **5.00** Only Fools and Horses (S) (AD) **5.40** Gavin & Stacey (S) (AD)

6.20pm Gavin & Stacey Gavin sets out to help Smithy accept his responsibilities. (S) (AD)

7.00 Only Fools and Horses The Trotters dabble in the diamond import business. (S) (AD)

9.00 Fawlty Towers Basil goes behind Sybil's back. (S) (AD)

9.45 Come Fly with Me Airport documentary spoof starring Matt Lucas and David Walliams. (S) (AD)

10.25 Fawlty Towers Basil tries to stop an unmarried couple lowering moral standards. (S) (AD)

11.10 Absolutely Fabulous Eddie and Patsy go hunting.

11.50 Come Fly with Me (S) (AD)

12.30am The Young Ones (S) **1.15** Cheers (S) **1.45** Bewitched (S) **2.15** Absolutely Fabulous **2.50** as 12.30am **3.30–4.00am** Cheers (S)

Gold +1 **Sky** 166 **Virgin** 190

Comedy Central

Sky 112 **Virgin** 132 **BT** 307 **HD** **Virgin** 181 **BT** 370

8.00am The Middle (S) (HD) **9.00** That '70s Show (S) **10.00** Bob's Burgers (S) (HD) **11.00** Friends (S) (HD) **2.00pm** Impractical Jokers (S) (HD) **3.00** Friends (S) (HD) **8.00** Impractical Jokers (S) (HD) **9.00** Live at the Apollo (S) (HD) **10.00** ***New.*** Rob Beckett at the Comedy Store (HD) **10.30** Bad Education (S) (HD) **11.00** Impractical Jokers (S) (HD) **11.30** ***New.*** Workaholics (HD) **12 midnight** Impractical Jokers (S) (HD) **12.30am** ***New.*** The Daily Show (HD) **1.00** South Park (S) (HD) **2.00** Russell Howard's Stand Up Central (HD) **2.30** Drunk History (S) (HD) **3.00** Comedy Central at the Comedy Store (S) (HD) **3.50–5.00am** Two and a Half Men (S) (HD)

Comedy Central +1 **Sky** 127 **Virgin** 133

Sony Channel

Sky 157 **Virgin** 193 **BT** 331

7.00am 'Til Death **8.00** Soldier Soldier **10.00** Saving Hope **12 noon FILM** Touching Wild Horses ★★ Drama starring Jane Seymour and Mark Rendall **2.00pm** Saving Hope **3.00** Celebrity Ghost Stories **7.00pm** Saving Hope **8.00** The Night Shift **9.00** ***New.*** Younger: double bill. Liza is reluctant to accept a dinner invitation from an old friend, and hip new client Jade proves troublesome **10.00** Satisfaction **11.00** Will & Grace **12 midnight** The Night Shift **1.00–4.00am** Celebrity Ghost Stories

Sony TV +1 **Sky** 181

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See **p21**

Marcella *9.00pm* The cop is having doubts about Yann

ITV Encore

Sky 123

6.00am Robin of Sherwood (S) **6.55** Always and Everyone **7.50** Upstairs, Downstairs (S) **8.50** The Casebook of Sherlock Holmes (S) (HD) **9.45** Heartbeat **10.50** The Grand **11.55** Peak Practice **1.00pm** Robin of Sherwood **2.10** Always and Everyone **3.10** Heartbeat **4.20** Upstairs, Downstairs (S) **5.30** The Casebook of Sherlock Holmes: a farmer is murdered (S) (AD) (HD)

6.40pm Agatha Christie's Poirot The Jewel Robbery at the Grand Metropolitan. A cache of jewels goes missing in Brighton. (S) (HD)

7.55 The Adventure of the Clapham Cook. A woman reports her cook missing. (S) (AD) (HD)

9.00 Marcella *7/8.* Tim investigates the circumstances surrounding the death of Andrew Barnes. (S) (AD) (HD)

Marcella Backland	**Anna Friel**
DI Tim Williamson	**Jamie Bamber**
Mo El-Sayed	**Yasen Atour**
DCI Laura Porter	**Nina Sosanya**
Yann Hall	**Tobias Santelmann**

10.00 Vera *3/4 Series 5.* A body is dredged up from a slurry pit on a remote farm. (S) (AD) (HD)

12.05am DCI Banks (S) (AD) (HD) **2.10** Titanic (S) (AD) (HD) **3.05** Kingdom (S) (AD) **4.00** Upstairs, Downstairs (S) **5.00–6.00am** The Casebook of Sherlock Holmes (S) (AD) (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am Hell on Hooves **6.25** The Italian Americans **7.20** The Road from Christ to Constantine **8.20** Britain's Lost Routes with Griff Rhys Jones **9.35** The Road from Christ to Constantine **10.40** 1,000 Days of Fear: the Deadly Race at Los Alamos **11.50** Race for the Superbomb **12.55pm** Time Team America **2.05** Britain's Lost Routes with Griff Rhys Jones **3.20** 1,000 Days of Fear: the Deadly Race at Los Alamos **4.20** Race for the Superbomb **5.25** Time Team America

6.40pm Britain's Lost Routes with Griff Rhys Jones A 250-mile-long droving route through the Highlands.

7.55 Time Team America The experts explore the site of a Civil War-era jail built by Confederate soldiers to house Union PoWs.

9.00 1,000 Days of Fear: the Deadly Race at Los Alamos The triumphs and failures of the people who created the world's first atomic bomb as part of the Manhattan Project at Los Alamos.

10.10 The Trials of J Robert Oppenheimer Drama-documentary about the physicist, one of the key figures in the development of the atomic bomb.

12.35am Time Team America **1.45** 1,000 Days of Fear: the Deadly Race at Los Alamos **2.35** B-2 Stealth at War **3.30** The Road from Christ to Constantine **4.25** Britain's Lost Routes with Griff Rhys Jones **5.35–6.00am** Hell on Hooves

Castle *8.00pm* The duo uncover a dangerous game

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Diagnosis Murder (S) **8.00** Murdoch Mysteries (S) (HD) **10.00** Sue Thomas: F.B.Eye (S) **11.00** Castle (S) (AD) (HD) **12 noon** Rizzoli & Isles (S) (AD) (HD) **1.00pm** Diagnosis Murder (S) **2.00** Sue Thomas: F.B.Eye (S) **3.00** Murdoch Mysteries (S) (HD) **5.00** Castle (S) (AD) (HD)

6.00pm Rizzoli & Isles *4/15 Series 2.* A police officer's daughter is abducted. (S) (AD) (HD)

7.00 Crossing Lines *6/10.* Louis suspects Dimitrov of involvement in Marianski's abduction. (S) (HD)

8.00 Castle *3/10 Series 1.* An 18-year-old who dealt drugs is found dead, leading Castle and Beckett to uncover a Russian roulette-style game. (S) (AD) (HD)

9.00 Father Brown *10/10 Series 2* A day out at a local hill climb track ends with one driver being killed, and Sullivan is furious that Father Brown is persisting with his personal investigation. (S) (AD) (HD)

10.00 Rosewood *3/22.* A troubled young genius is accused of murder and the only one who believes in his innocence is Rosewood. (HD)

11.00 Crossing Lines As 7pm.

12 midnight Perception (S) (AD) (HD) **1.00–3.40am** Ripper Street

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Showdown: Air Combat **7.00** Industrial Revelations **8.00** Weapon Masters (AD) **10.00** Battlefield **12 noon** Hitler: Germany's Fatal Attraction **1.00pm** Weapon Masters (AD) **3.00** Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction

6.00pm Greatest Tank Battles How the 2nd Canadian Armoured Brigade fought its way inland from the northern coast of France past German defences in 1944.

7.00 Treasure Quest The Odyssey crew learns the cannons are from HMS *Victory*, the flagship before Nelson's vessel of the same name.

8.00 War Digs with Harry Harris The team searches for the wreckage of wartime bombers, trying to learn more about them from the crash sites.

9.00 Al Murray's Road to Berlin The comedian skydives with survivors of the 1st Parachute Brigade.

9.30 RAF pilots of the Second World War share their recollections.

10.00 Hitler's Gold Nazi shipwrecks laden with treasure.

11.00 Hitler: Germany's Fatal Attraction Investigating how Hitler's popularity began to take a downward spiral.

12 midnight Battlefield **2.00am** Treasure Quest **3.00** Industrial Revelations **4.00–6.00am** Weapon Masters (AD)

Discovery History +1 Sky 536 Virgin 263

American Dad! *10.00pm* The Smith family rewrites history

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Law & Order: Criminal Intent (HD) **9.00** Medium (S) (HD) **11.00** The Closer (S) (HD) **1.00pm** NCIS (S) (AD) (HD) **3.00** Medium (S) (HD) **5.00** The Closer (S) (HD)

6.00pm The Closer *10/15 Series 3.* The head of a tour company is found murdered. (S) (HD)

7.00 NCIS *19/24 Series 9* Vance's brother-in-law Michael Thomas is linked to the murder of a petty officer. (S) (AD) (HD)

8.00 *20/24.* Ziva and Tony try to rescue a navy chaplain kidnapped by Colombian rebels. (S) (AD) (HD)

9.00 Family Guy *Series 12.* Chris dates Jerome's daughter. (S) (HD) **9.30** Meg has fun partying with Peter when he takes her to a college for an interview. (S) (HD)

10.00 American Dad! *Series 3* Stan blames Jane Fonda for ruining Christmas. (S) **10.30** Stan gets to meet his hero – George W Bush. (S)

11.00 Family Guy *Series 8.* Stewie auditions in drag for a TV show. (S) **11.30** Peter decides to become a member of the paparazzi. (S)

12 midnight American Dad! (S) (HD) **1.00am** Wayward Pines (S) (HD) **3.00** Family Guy (S) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars (HD) **11.30** Counting Cars: Best of (HD) **12 noon** Storage Wars (HD) **1.00pm** Pawn Stars (HD) **3.00** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00pm** American Pickers (HD) **7.00** Storage Wars (HD) **8.00** Mountain Men (HD) **9.00** ***New.*** Mountain Men: Tom calls in reinforcements to bail him out (HD) **10.00** ***New.*** Ancient Aliens (HD) **11.00** Storage Wars (HD) **12 midnight** Mountain Men (HD) **1.00am** Ancient Aliens (HD) **2.00** Storage Wars: double bill (HD) **3.00** Pawn Stars (HD) **4.00–5.00am** American Pickers (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools (HD) **12 noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00** From Wags to Riches (HD) **5.00** Animal Cops Detroit (AD) **6.00** Flying Wild Alaska (HD) **7.00** Tanked (HD) **8.00** ***New.*** White Lions: Born Wild (HD) **10.00** Treasure Quest: Snake Island (HD) **11.00** Bondi Vet (HD) **12 midnight** Tanked (HD) **1.00am** as 8pm **3.00** as 10pm **3.50** Deadliest Catch (AD) **4.40** Whale Wars (HD) **5.30–6.00am** Animal Airport (HD)

Animal Planet +1 Sky 549 Virgin 258

Street Outlaws *9.00pm* Chief faces a personal challenge

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper (HD) **9.00** Fast 'n' Loud (HD) **11.00** Wheeler Dealers (HD) **1.00pm** Railroad Australia (HD) **2.00** Gold Rush (HD) **3.00** Born Survivor: Bear Grylls (AD) (HD) **4.00** MythBusters (AD) (HD) **5.00** Wheeler Dealers (AD) (HD)

6.00pm Fast 'n' Loud The boys reach Burt Reynolds, but their success is blemished. (AD) (HD) **7.00** Richard "accidentally" buys $92,000 worth of cars. (AD) (HD)

8.00 What Could Possibly Go Wrong? Grant and Kevin challenge each other to a spot of lawnmower jousting. (HD)

9.00 ***New.*** **Street Outlaws** Chief works to conquer his PTSD and get back behind the wheel. (HD)

10.00 ***New.*** **Fat n' Furious: Rolling Thunder** Tommy fixes up a Chevelle for a client who wants to hand it down to her son. (HD)

11.00 Fast 'n' Loud Richard and Aaron's top ten moments from the first series. (HD)

12 midnight Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (AD) (HD) **3.00** Street Outlaws (HD) **3.50** Fat N' Furious: Rolling Thunder (HD) **4.40–6.00am** How It's Made (HD)

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Nazi Megastructures (HD) **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12 noon** Wicked Tuna (HD) **1.00pm** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00** Air Crash Investigation (HD) **5.00** Car SOS (HD) **6.00** Supercars: the Pagani Huayra (HD) **7.00** Air Crash Investigation: a propeller failure in mid-flight (S) (AD) **8.00** London Underground Revealed (HD) **9.00** History's Toughest Prisons (S) (AD) (HD) **10.00** Banged Up Abroad (HD) **11.00** Air Crash Investigation (HD) **12 midnight** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00–5.00am** UFOs: the Untold Stories (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am Life in the Undergrowth (S) (AD) **10.00** Infestation (S) (HD) **11.00** Wild Colombia (S) (AD) (HD) **12 noon** as 6pm **1.00pm** Biggest & Baddest (S) (HD) **2.00** Ganges (S) (HD) **3.00** Life in the Undergrowth (S) (AD) **4.00** Infestation (S) (HD) **5.00** Wild Colombia (S) (AD) (HD) **6.00** Wild Britain (S) (HD) **7.00** Biggest & Baddest (S) (HD) **8.00** Ganges (S) (HD) **9.00** Life in the Undergrowth (S) (AD) **10.00** RT **CHOICE** ***New.*** Uranium: Twisting the Dragon's Tail **See p87** (HD) **11.00** Extreme Fishing (S) **12 midnight** as 5pm **1.00am** as 6pm **2.00** Biggest & Baddest (S) (HD) **3.00** Ganges (S) (HD) **3.45** as 9pm **4.35** as 10pm **5.30–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p90

6.00am The WotWots **6.10** Chloe's Closet **6.20** Lily's Driftwood Bay **6.30** Fireman Sam **6.40** Peppa Pig **6.45** Bob the Builder **7.00** Little Princess **7.10** Pip Ahoy! **7.25** Thomas & Friends **7.40** Noddy: Toyland Detective **7.50** Ben and Holly **8.05** Wissper **8.15** Peppa Pig: double bill **8.35** Paw Patrol **8.50** Toot the Tiny Tugboat **9.00–9.15am** Bananas in Pyjamas

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** Furchester **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** Time for School **9.10** Bing **9.25** Wussywat **9.30** Teletubbies **9.45** as 1.45pm **10.05** as 2.05pm **10.10** Show Me **10.30** as 2.30pm **10.35** as 2.35pm **10.50** Ruff-Ruff **11.05** Lingo Show **11.15** Alphablocks **11.20** Magic Hands **11.25** Get Squiggling! **11.40** Waybuloo **12 noon** My Pet and Me **12.15pm** I Can Cook **12.30** Old Jack **12.45** Melody **1.00** Time for School **1.10** Bing **1.25** Wussywat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa **4.05** Boj **4.15** Big Idea? **4.20** Kazoops **4.30** Nina **4.45** Peter Rabbit **5.00** Octonauts **5.25** Go Jetters **5.35** Gigglebiz **5.50** ***New.*** Nelly & Nora **6.00** Clangers **6.10** Abney & Teal **6.20** Night Garden… **6.50–7.00pm** RT **CHOICE** Bedtime Story: with Annette Crosbie **See p87**

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** Newsround **8.25** Diddy TV **8.45** ***New.*** Odd Squad **9.00** ***New.*** Hacker Time **9.30** ***New.*** Just Kidding **9.50** Help! **10.00** as 2pm **10.30** So Awkward **11.55** Matilda **12.10pm** The Next Step **12.35** Operation Ouch! **1.30** as 9am **2.00** Airmageddon **2.30** Wild & Weird **2.45** ***New.*** Officially Amazing **3.00** Odd Squad **3.10** Dennis **3.20** Sidekick **3.35** Endangered Species **3.45** ***New.*** Bottersnikes & Gumbles **4.00** Kidding **4.20** Newsround **4.30** 4 O'Clock Files **5.00** Show Me What You're Made Of **5.30** as 8.25pm **6.00** ***New.*** Olympic Rundown **6.05** RT **CHOICE** ***New.*** Bottersnikes & Gumbles **See p87** **6.20** ***New.*** The Deep **6.45** Danger Mouse **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** Next Step **8.25–9.00pm** Dumping Ground

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Monsuno **6.20** Signed Stories **6.30** Dino Dan **6.45** Trek's Adventures **7.15** Oddbods **7.25** Grizzly Tales **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds **9.25** Oddbods **9.30** ***New.*** Scooby-Doo **10.00** Mr Bean **11.00** Horrid Henry **12 noon** Nerds & Monsters **12.30pm** Looped **1.00** Mr Bean **2.00** Horrid Henry **3.00** Thunderbirds Are Go **3.30** Scooby-Doo **3.55** My Parents Are Aliens **5.05** Fort Boyard **6.00** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds Are Go **8.55–9.00pm** Signed Stories

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The Big Sky ★★★★ *1.05pm* ***Movies4Men*** FREEVIEW

It took me some years to truly appreciate the artistry of Howard Hawks, but once I'd read *Hawks on Hawks* by Joseph McBride, it all fell into place. Here was a director who hopped genres, but shot his work through with an overarching interest in storytelling and the fizzing impact of dialogue, leaving us with smart, populist gems like this 1952 adventure (review, p39), *I Was a Male War Bride*, *The Big Sleep* and *Rio Bravo*. **ANDREW COLLINS**

Top of the world, ma

P Northwest ★★★★ *10.00pm* ***Sky Premiere***

Showing for the first time tonight in Sky's World Cinema slot is this intelligent Danish drama starring Gustav Dyekjaer Giese as Casper, a teenage petty criminal who is recruited into the service of a local drugs baron. Gangster-movie boxes are duly ticked – hookers and cocaine are in plentiful supply – but this feels real and immediate, with Casper's youth and naivety bringing a rare sense of consequence and danger. **DAMON WISE**

Ready to rent

Where to Invade Next
★★★ ***Sky Store***

In his latest provocation, polemicist Michael Moore attacks American social policy by looking outward to schemes in foreign utopias. Moore often cherry-picks to support his thesis, but amid the folksily idyllic picture, the director makes some powerful comparisons. **AC**

FREEVIEW

Film4 15

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 HD **Virgin** 429

11.00am Run Wild, Run Free ★★★ Drama. John Mills (1969, U) (S) **1.05pm A Monster in Paris** ★★★ Animated musical fantasy. Adam Goldberg, Vanessa Paradis (2011, U) (S) **2.50 Porridge** ★★★ Comedy. Ronnie Barker (1979, PG) (S) (AD)

4.40pm Epic ★★★ A girl is shrunk and gets caught up in a forest-floor war in this fun eco-adventure. **Review, p39.** Colin Farrell, Josh Hutcherson, Amanda Seyfried (2013, U)

6.50 My Sister's Keeper ★★ Maudlin drama in which a girl fights for her own identity after being conceived to help save her terminally ill sister. Cameron Diaz, Alec Baldwin, Abigail Breslin (2009, 12) (S) (AD)

9.00 Riddick ★★★ Pulpy sci-fi action with the ever-charismatic Vin Diesel fighting aliens and mercenaries. (2013, 15) (S) (AD)

11.20pm Evil Dead ★★★★ Horror remake. Jane Levy, Shiloh Fernandez, Lou Taylor Pucci (2013, 18) **1.15–3.30am Nosferatu, the Vampyre** ★★★ Horror remake. Klaus Kinski, Isabelle Adjani, Bruno Ganz, Roland Topor (1979, 15)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix 32

Freeview 32

9.00am Time Runners ★★ Sci-fi thriller. Alesandra Durham (2013, PG) **11.00 Gentle Ben: Terror on the Mountain** ★★ Adventure. Dean Cain (2002) **12.50pm** Movie News **1.00 The Race** ★★★ Comedy drama. Colm Meaney, Niamh McGirr (2009) **2.45 Red Dog** ★★★ Comedy drama. Josh Lucas (2011, PG) **4.35 Les Misérables** ★★ Period epic. Liam Neeson, Geoffrey Rush (1997, 12)

7.15pm Fatal Contact: Bird Flu in America ★★ Doctor Joely Richardson faces a race against time to save her career as the body count rises in this thriller. Scott Cohen, Justina Machado, Ann Cusack (2006, 12)

9.00 Pistol Whipped ★★ Steven Seagal does nothing to invigorate the disgraced-cop-given-a-way-back genre with this action drama. Lance Henriksen (2008, 15)

11.05 Shadow Man ★ An out-of-shape Steven Seagal adds another by-the-numbers action drama to his CV. (2006, 15)

1.00am Zero Tolerance ★★ Crime thriller. Robert Patrick (1994, 18) **2.50** Movie News **3.00 Cruel Intentions 2** ★★ Drama. Robin Dunne, Amy Adams, Sarah Thompson (2000, 15) **4.50** Movie News **5.00–6.00am** Highway to Heaven: TV series with Michael Landon

Movies4Men 48

Freeview 48 **Freesat** 304 **Sky** 325

6.00am The Velvet Touch ★★ Drama. Rosalind Russell (1948, PG) **7.50 Crack-Up** ★★ Thriller. Pat O'Brien, Claire Trevor (1946) **9.40 Hellgate** ★★ Western. Sterling Hayden (1952, PG) **11.30** Cimarron Strip: The Beast That Walks like a Man **1.05pm The Big Sky** ★★★★ Adventure. **Review, p39; Choice, left.** Kirk Douglas (1952, U) **3.25** Cimarron Strip: Big Jessie

5.00pm Buck and the Preacher ★★★ Sidney Poitier made his directing debut with this lively western, in which he also stars as the leader of a group of freed slaves. Harry Belafonte, Ruby Dee, Cameron Mitchell (1972, PG)

7.10 Tall in the Saddle ★★★ John Wayne commands the screen as a man framed for murder, but this western is more a vehicle for co-star Ella Raines. (1944, U)

9.00 The Price of Power ★★★ Intriguing spaghetti western about a presidential assassination plot. Giuliano Gemma (1969, 15)

11.10pm Django ★★★★ Violent, stylish spaghetti western. Franco Nero, Loredana Nusciak (1966, 15) **12.55am Bury Them Deep** ★★ Spaghetti western. (1968, 15) **2.45–4.00am The Call of Justice** ★★ Western. Bill Cody (1936)

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 HD **Virgin** 431

6.00am Infini ★★ Sci-fi horror. Daniel MacPherson (2014, 15) **8.00** As 4.30pm **9.35** As 6.15pm **11.20** As 11.45pm **12.50pm Bad Blood** ★★ Crime thriller. Abigail Breslin (2014, 15) **2.30** As 8pm **4.30 The Good Dinosaur** ★★★★ Pixar adventure. **Choice, p54.** Raymond Ochoa, Jack Bright (2015, PG)

6.15pm The Perfect Guy ★★★ Effective thriller. **Choice, p64.** Sanaa Lathan, Michael Ealy, Morris Chestnut (2015, 15)

8.00 The Man from UNCLE ★★ Frantic reboot of the 60s TV show. Henry Cavill, Armie Hammer, Hugh Grant (2015, 12)

10.00 P Northwest ★★★★ Intelligent crime drama. **Choice, left.** Gustav Dyekjaer Giese (2013, 15)

11.45 Sixteen ★★★ A former child soldier witnesses a murder in London. **Choice, p84.** (2013, 15)

1.15am Infini As 6am **3.15 Narcopolis** ★ Cheap and not-so-cheerful sci-fi thriller. Elliot Cowan (2014, 15) **5.00** Finding Pixar: Special **5.30** Ghostbusters: Special

Premiere +1 **Sky** 302 **Virgin** 402

Spies

Sky 304 **Virgin** 404 **BT** 508 HD **Virgin** 434

6.00am Austin Powers: the Spy Who Shagged Me ★★★★ Spy spoof. Mike Myers, Heather Graham (1999, 12) **7.40** As 4.10pm **9.10** As 5.40pm **11.30** As 8pm **2.00pm** As 10.30pm **4.10 SPYkids** ★★★★ Fantasy action adventure. Antonio Banderas, Carla Gugino, Alexa Vega, Daryl Sabara (2001, U)

5.40pm The Rock ★★★★ Slick action thriller in which Sean Connery and Nicolas Cage try to prevent a gas attack orchestrated from Alcatraz. Ed Harris (1996, 15)

8.00 Spectre ★★★ James Bond faces his ultimate adversary in this epic adventure. Daniel Craig (2015, 12)

10.30 Mission: Impossible III ★★★ Exciting instalment of the espionage franchise. Tom Cruise, Philip Seymour Hoffman, Michelle Monaghan (2006, 12)

12.45am As 6am **2.35** The Top Ten Show **2.50 The Sum of All Fears** ★★★ Action thriller. Ben Affleck (2002, 12) **4.55** The Top Ten Show **5.10** Avengers: Age of Ultron Special **5.30** Fast & Furious 7 Special

Comedy

Sky 308 **Virgin** 408 **BT** 506 HD **Virgin** 438

7.10am Revenge for Jolly! ★★ Comedy drama. (2012, 15) **8.40 Death Becomes Her** ★★★★ Comedy. (1992, PG) **10.30 One Night In Istanbul** ★★★ Comedy. (2014, 12A) **12.10pm Twins** ★★★★ Comedy. (1988, PG) **2.05 Life** ★★ Comedy. (1999, 15) **4.05 Dragnet** ★★ Spoof. Dan Aykroyd (1987, PG)

5.55pm Four Weddings and a Funeral ★★★★★ Witty comedy. **Gold medal movies, p34.** Hugh Grant, Andie MacDowell, Simon Callow (1994, 15)

8.00 Talladega Nights: the Ballad of Ricky Bobby ★★ Listless comedy. Will Ferrell (2006, 15)

10.05 Get Hard ★★★ Will Ferrell and Kevin Hart make a sparky odd couple in this comedy. (2015, 15)

11.50 Me, Myself & Irene ★★★ Vulgar comedy. Jim Carrey (2000, 15)

1.50am Jersey Girl ★★★ Comedy drama. Ben Affleck, Liv Tyler (2003, 12) **3.40 Better Living through Chemistry** ★★ Comedy drama. Sam Rockwell (2014, 15) **5.20 Son of the Pink Panther** ★ Action comedy. Roberto Benigni (1993, PG)

Hits

Sky 303 **Virgin** 403 **BT** 504 HD **Virgin** 433

6.00am As 1.25pm **7.25** As 8pm **9.30 The Maze Runner** ★★★★ Sci-fi thriller. Dylan O'Brien (2014, 12) **11.25** As 10.10pm **1.25pm Ice Age** ★★★ Animation. Ray Romano, John Leguizamo, Denis Leary (2002, U) **2.55 Harry Potter and the Prisoner of Azkaban** ★★★★ Fantasy. Daniel Radcliffe (2004, PG)

5.20pm Harry Potter and the Goblet of Fire ★★★★ This fourth instalment offers genuine scares and magical mayhem. Daniel Radcliffe, Rupert Grint, Emma Watson, Michael Gambon (2005, 12)

8.00 The Walk ★★★ Dramatic retelling of Philippe Petit's 1974 tightrope walk between the Twin Towers. Joseph Gordon-Levitt (2015, PG)

10.10 Ted 2 ★★★ Gag-heavy comedy for fans of naughty fun. Mark Wahlberg, Seth MacFarlane (2015, 15)

12.10am There's Something about Mary ★★★★ Comedy. Cameron Diaz (1998, 15) **2.15 Ghost Rider** ★★ Fantasy. Nicolas Cage, Eva Mendes (2007, 15) **4.15 Friday Download: the Movie** ★★★ Comedy. Dionne Bromfield (2015, PG)

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 HD **Virgin** 437

6.30am Enemy of the State ★★★★ Thriller. Will Smith (1998, 15) **8.45 Crouching Tiger, Hidden Dragon** ★★★★★ Martial arts epic. Chow Yun-Fat (2000, 12) **10.50** As 8pm **12.40pm Black Sea** ★★★★ Adventure. Jude Law (2014, 15) **2.35 Babylon AD** ★★ Sci-fi adventure. Vin Diesel (2008, 12)

4.10pm Dante's Peak ★★★ Effects-heavy disaster flick. Pierce Brosnan, Linda Hamilton, Jamie Renee Smith (1997, 12)

6.00 Run All Night ★★★ Liam Neeson is in "geriaction" mode in this edgy thriller. Joel Kinnaman (2015, 15)

8.00 Fantastic Four ★★ Underwhelming fantasy. Miles Teller, Michael B Jordan, Kate Mara, Jamie Bell (2015, 12)

10.00 2 Fast 2 Furious ★★★ Flashy but shallow action thriller sequel. Paul Walker, Tyrese, Eva Mendes (2003, 12)

12.05am Vendetta ★★ Action thriller. Danny Dyer (2013, 18) **2.05 Rush Hour 2** ★★★ Martial arts action comedy. Jackie Chan, Chris Tucker (2001, 12) **3.50 Remember the Titans** ★★★ Drama. Denzel Washington, Will Patton (2000, PG)

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 HD **Virgin** 439

6.05am As 1.45pm **7.40 Murder by Numbers** ★★ Thriller. Sandra Bullock (2002, 15) **9.45 Supremacy** ★★ Thriller. Danny Glover (2014, 15) **11.45** As 7pm **1.45pm Assassin** ★★ Thriller. Danny Dyer, Martin Kemp, Gary Kemp (2015, 15) **3.15 No Good Deed** ★★ Thriller. Idris Elba, Taraji P Henson (2014, 15)

4.45pm Pride and Glory ★★★ Murky crime drama. Edward Norton, Colin Farrell, Noah Emmerich, Jon Voight (2007, 15)

7.00 Regression ★★ Occasionally suspenseful thriller. Ethan Hawke, Emma Watson (2015, 15)

9.00 The Dead Pool ★★ Nasty outing for "Dirty" Harry Callahan. Clint Eastwood, Patricia Clarkson (1988, 18)

10.35 Knock Knock ★★ Home-invasion thriller. Keanu Reeves, Ana de Armas, Lorenza Izzo (2015, 18)

12.25am Return to Sender ★★ Thriller. Rosamund Pike, Nick Nolte (2015, 18) **2.10 Dog Day Afternoon** ★★★★ Crime drama. Al Pacino, John Cazale (1975, 15) **4.25 Deep Family Secrets** ★★★ Thriller. Richard Crenna, Angie Dickinson (1997)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 **Virgin** 405 **BT** 503 **HD** **Virgin** 435

6.30am The Tigger Movie ★★ (2000, U) **7.55** As 4.45pm **9.40** As 3.20pm **11.05 Planes: Fire and Rescue** ★★★ (2014, U) **12.35pm Tinker Bell and the Lost Treasure** ★★ (2009, U) **2.00** As 8pm **3.20 Peter Pan** ★★★★ (1953, U) **4.45 The Princess and the Frog** ★★★ (2009, U)

6.30pm The Fox and the Hound ★★★ Charming animated tale. Mickey Rooney, Kurt Russell, Pearl Bailey (1981, U)

8.00 Cinderella ★★★★ Delightful animated adaptation of the classic fairy tale. Ilene Woods, William Phipps, Eleanor Audley (1950, U)

9.20 The Sword in the Stone ★★★ Enjoyable cartoon. Rickie Sorensen, Sebastian Cabot, Karl Swenson (1963, U)

10.50 The Pacifier ★★ Uneven family comedy. Vin Diesel (2005, PG)

12.30am The Cat from Outer Space ★★ **2.20 Pooh's Heffalump Movie** ★★ (2005, U) **3.35 Alexander and the Terrible, Horrible, No Good, Very Bad Day** ★★★ (2014, PG) **5.05 The Return of Jafar** ★★

Family

Sky 306 **Virgin** 406 **BT** 505 **HD** **Virgin** 436

6.00am The Legend of Longwood ★★ Fantasy. Lucy Morton (2014, PG) **7.40** As 2.50pm **9.35** As 4.45pm **11.10** As 6.20pm **12.50pm** As 8pm **2.50 ET the Extra-Terrestrial** ★★★★★ Sci-fi. (1982, U) **4.45 The SpongeBob Movie: Sponge out of Water** ★★★★ Comedy. (2015, U)

6.20pm The Boxtrolls ★★★ Appealing animated adventure. Elle Fanning, Ben Kingsley (2014, PG)

8.00 Annie ★★ Charmless update of the hit musical. Jamie Foxx, Quvenzhané Wallis, Cameron Diaz (2014, PG)

10.00 Robot Overlords ★★ Old-fashioned sci-fi adventure. Ben Kingsley, Gillian Anderson (2014, 12)

11.35 One of Our Dinosaurs Is Missing ★★★ Sweet but dated comedy caper. Peter Ustinov (1975, U)

1.15am The Legend of Longwood As 6am **2.55 Robot Overlords** As 10pm **4.30 One of Our Dinosaurs Is Missing** As 11.35pm

Drama/Romance

Sky 310 **Virgin** 410 **BT** 511 **HD** **Virgin** 440

6.35am Big Eyes ★★★ Biopic. Amy Adams (2014, 12) **8.30 The Candidate** ★★★★ Drama. (1972, PG) **10.30 Raising Helen** ★★★ Comedy drama. (2004, PG) **12.35pm Liberal Arts** ★★★★ Comedy drama. (2011, 12) **2.20** As 8pm **4.20 Think like a Man Too** ★★ Comedy. Kevin Hart, Michael Ealy (2014, 12)

6.10pm Little Miss Sunshine ★★★★ Sparkling, Oscar-winning comedy. Greg Kinnear, Steve Carell, Toni Collette, Alan Arkin, Abigail Breslin (2006, 15)

8.00 Magic Mike XXL ★★ Sequel with the elegance of pants being dropped. Channing Tatum (2015, 15)

10.00 The Wedding Singer ★★★★ Sweet, enjoyable romantic comedy. Adam Sandler, Drew Barrymore (1998, 12)

11.45 Miss Meadows ★★ Quirky comic thriller. Katie Holmes (2014, 15)

1.25am Proof of Life ★★★ Decent action drama. Meg Ryan, Russell Crowe, David Morse, David Caruso (2000, 15) **3.50 Champion** ★★★★ Boxing drama. Kirk Douglas, Marilyn Maxwell (1949, PG) **5.40** The Top Ten Show

Sci-Fi/Horror

Sky 311 **Virgin** 411 **BT** 507 **HD** **Virgin** 441

6.00am Stage Fright ★★ Musical horror comedy. Minnie Driver, Meat Loaf (2014, 15) **7.40** As 5.30pm **9.30 Alien: Resurrection** ★★★★ Scintillating sci-fi action thriller. Sigourney Weaver, Winona Ryder (1997, 18) **11.30** As 7.15pm **1.15pm** As 9pm **3.00** As 10.45pm **5.15** The Top Ten Show

5.30pm The NeverEnding Story ★★★★ Engaging fantasy. Noah Hathaway, Barret Oliver (1984, U)

7.15 Maggie ★★★★ Gripping and genuinely moving horror. Arnold Schwarzenegger, Abigail Breslin (2015, 15)

9.00 The Visit ★★★ M Night Shyamalan's blackly comic horror. Deanna Dunagan, Peter McRobbie (2015, 15)

10.45 Chappie ★★★ Refreshing sci-fi thriller about a self-aware android. Sharlto Copley, Hugh Jackman (2015, 15)

1.00am Stage Fright As 6am **2.35 Alien: Resurrection** As 9.30am **4.30 Invasion of the Body Snatchers** ★★★★★ Classic sci-fi thriller. Kevin McCarthy, Dana Wynter (1956, PG)

Select

Sky 312 **Virgin** 412 **BT** 510 **HD** **Virgin** 442

6.00am The Top Ten Show **6.20 Charlie Countryman** ★★★ Crime comedy. (2013, 15) **8.15 The New World** ★★★★ Adventure. Colin Farrell (2005, 12) **10.35 The Sea Inside** ★★★★★ Biopic. Javier Bardem (2004, PG) **12.45pm The Guns of Navarone** ★★★★ Adventure. Gregory Peck (1961, PG)

3.25pm The Hurricane ★★★★ Powerful drama. Denzel Washington (1999, 15)

5.55 Birdman or (The Unexpected Virtue of Ignorance) ★★★★★ Oscar-winning satire. Michael Keaton, Edward Norton (2014, 15)

8.00 Full Metal Jacket ★★★★★ Harrowing Vietnam War drama. Matthew Modine, Adam Baldwin (1987, 18)

10.00 American Beauty ★★★★★ Oscar-winning black comedy. Kevin Spacey, Annette Bening, Thora Birch (1999, 18)

12.05am Wild at Heart ★★★★ Sexy, surreal and violent road movie. Nicolas Cage, Laura Dern (1990, 18) **2.15 Insomnia** ★★★★ Psychological crime thriller. Al Pacino, Robin Williams (2002, 15) **4.15 The Sea Inside** As 10.35am

TCM

Sky 317 **Virgin** 415 **BT** 512 **HD** **Virgin** 416

6.40am Kung Fu **8.50 King Richard and the Crusaders** ★★ Historical epic. Rex Harrison (1954, U) **11.05 Carson City** ★★★ Western. (1952, U) **12.50pm** Kung Fu **3.00 The Man behind the Gun** ★★ Western. Randolph Scott (1953, U) **4.40 Canyon River** ★★ Western. George Montgomery (1956, U)

6.20pm Terror on a Train ★★ Glenn Ford stars in a passable British thriller. Anne Vernon (1953, U)

7.40 Blue Blood ★★ The story of a seemingly washed-up horse trainer. Arthur Shields (1951, U)

9.00 Hard to Kill ★★★ Steven Seagal wreaks revenge in this visceral action thriller. (1989, 18)

10.55 Jackie Chan's First Strike ★★ Underwhelming action thriller. Chen Chun Wu (1996, 12)

12.35am Conspiracy Theory **2.30** Hollywood's Best Film Directors

TCM +1 **Sky** 318 **Virgin** 417

SPORT Choices

League Cup Football *7.30pm* ***Sky Sports 1*** The first televised round-one tie of this season's competition comes from Kenilworth Road, with League Two's Luton Town facing Aston Villa, now residing in the Championship. The Hatters will fancy their chances at their somewhat claustrophobic ground, and they have a lively striker in Jack Marriott, player of the season last term. After their tame relegation from the Premier League, the Villans need to get their act together quickly. **STEVE WALL**

Sky Sports 1

Sky 401 **Virgin** 511 **BT** 402 **HD** **Virgin** 501

6.00am Football Gold (AD) **7.00** Wrestling **8.00** Premier League 100 Club **8.30** Premier League Years **10.30** Great Sporting Moments: AC Milan v Liverpool **11.00** Premier League Legends
12 noon Premier League 100 Club
1.00pm Football Gold (AD)
2.00 Premier League Years (AD)
4.00 Premier League Legends
5.00 Sporting Triumphs
6.00 Football Gold (AD)
7.00 Premier League Preview
7.30 LIVE League Cup Football Luton Town v Aston Villa (kick-off **7.45**), a first-round tie, action from Kenilworth Road. The League Two Hatters will be trying to cause an upset against the Villans, newly relegated to the Championship.
10.00 More than a Game
10.30 Great Sporting Moments
11.00 Premier League World
11.30 Football Gold (AD)
12 midnight League Cup Football **1.00am** Premier League 100 Club **2.00** Football Gold (AD) **3.00** League Cup Football **4.00–6.00am** Premier League Years (AD)

Sky Sports 2

Sky 402 **Virgin** 512 **BT** 403 **HD** **Virgin** 502

6.00am Cricket Classics **7.00** Cricket's Greatest (AD) **8.00** Cricket Classics (AD) **9.30** Cricket's Greatest (AD) **10.00** Twenty20 Cricket **1.45pm** Sporting Triumphs **2.00** Cricket's Greatest (AD) **5.00** Cricket Classics **6.00** Cricket's Greatest (AD)
7.00 LIVE Twenty20 Cricket The third T20 Blast quarter-final.
10.45 Sporting Triumphs **11.00** Cricket's Greatest (AD)
12 midnight Twenty20 Cricket **3.45am** Sporting Triumphs **4.00–6.00am** The Ashes: England's Best Days (AD)

BT Sport 1

Sky 413 **Virgin** 531 **BT** 408 **HD** **Virgin** 527 **BT** 430

6.00am Classic Premier League
10.00 LIVE Australian Football Wollongong Wolves v Sydney FC in the FA Cup (kick-off **10.30**).
12.30pm Classic Premier League **2.30** Scottish Cup Football **4.00** Community Shield Football **5.30** Last Week, This Week **6.00** Australian Rules Football
7.00 LIVE Scottish Cup Football A Scottish League Cup match.
10.00 Premier League World **10.30** Australian Football **11.30** Classic Premier League **5.30–6.00am** Last Week, This Week

Sky Sports 3

Sky 403 **Virgin** 513 **HD** **Virgin** 503

6.00am Legends of Darts **7.00** Boxing Gold **8.00** Sporting Greats (AD) **9.00** Polo **10.00** Sporting Heroes (AD) **11.00** Racing News **11.30** Sporting Greats: rugby league's Mal Meninga (AD)
12 noon Time of Our Lives (AD)
1.00pm Polo The Gold Cup at the Cowdray Park in West Sussex.
2.00 Sporting Heroes (AD)
2.55 LIVE Test Cricket Day two in the Third Test between West Indies and India, from the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia.
10.30 Wrestling WWE Raw.
12.30am Powerboating **1.00** Racemax **1.30** Darts Gold **2.00** Sports Unlimited **3.00** Watersports **4.00** Racemax **4.30** Sports Unlimited **5.30–6.00am** Darts Gold

Sky Sports 4

Sky 404 **Virgin** 514 **HD** **Virgin** 504

6.00am PGA Tour Classic **7.00** Wonderful World of Golf (AD) **8.30** Golfing World **9.00** US Tour Golf **10.00** EuroPro Tour Golf
12 noon Golfing World **12.30pm** Wonderful World of Golf (AD) **2.00** EuroPro Tour Golf **4.00** Golfing World **4.30** US Tour Golf **5.30** Sporting Rivalries (AD) **6.00** Inside the PGA Tour **6.30** Euro Tour Weekly **7.00** Champions Tour Golf **8.00** US Tour Golf **9.00** Euro Tour Weekly **9.30** Champions Tour Golf **10.30** Inside the PGA Tour **11.00** Euro Tour Weekly **11.30** EuroPro Tour Golf **1.30am** Inside the PGA Tour **2.00** Euro Tour Weekly **2.30** Champions Tour Golf **3.30** EuroPro Tour Golf **5.30–6.00am** Euro Tour Weekly

BT Sport 2

Sky 417 **Virgin** 532 **BT** 409 **HD** **Virgin** 528 **BT** 431

6.00am Uefa Super Cup **7.30** Sailing **8.00** Brazilian Football **9.30** Bowls **10.30** Australian Rules Football **11.30** Sailing
12 noon Angling **1.00pm** Champions League Classics **4.00** Marion Jones: Press Pause (AD) **5.00** Scottish Football **5.30** Angling **6.30** Sailing **7.00** Rugby Union **7.30** Last Week, This Week
8.00 LIVE Major League Baseball Los Angeles Dodgers v Philadelphia Phillies (start time **8.10**), National League action.
11.00 Major League Baseball
11.30 UFC: five back-to-back programmes **4.30am** Last Week, This Week **5.00–6.00am** Bowls

Sky Sports 5

Sky 405 **Virgin** 515 **BT Vision+** 406 **HD** **Virgin** 505

6.00am Football's Greatest Players (AD) **9.00** Major League Soccer **9.30** Football's Greatest Players (AD) **11.00** Major League Soccer
1.00pm Football's Greatest Players George Best.
1.30 Profile of Diego Maradona.
2.00 The career of Pele.
2.30 Profile of Lionel Messi. (AD)
3.00 Spanish Football Gold (AD)
4.00 Wrestling WWE grappling.
5.00 Football's Greatest Players The career of Diego Maradona. (AD)
5.30 Powerboating
6.00 Super League Fulltime
6.30 Sports Unlimited
7.30 Racemax Motorsport news.
8.00 Watersports
9.00 Football's Greatest Players Steven Gerrard.
9.30 Major League Soccer Review of the weekend's fixtures.
10.00 Spanish Football Gold (AD)
11.00 Football's Greatest Players
1.00am Major League Soccer **5.00** Football's Greatest Players **5.30–6.00am** Football's Greatest Teams (AD)

Eurosport 1

Sky 410 **Virgin** 523 **BT** 412 **HD** **Virgin** 521 **BT** 435

7.15am Going for Gold **7.20** Rallying **7.50** Rallycross **8.50** Motor Racing **9.50** Cycling **10.50** Tour de France **11.50** Sports Insiders
12.20pm Cycling **1.50** Going for Gold **1.55** Eurosport News **2.00** Cycling **6.00** Going for Gold **6.15** Eurosport News **6.20** Cycling **8.20** Going for Gold **8.25** Cycling: action from the Liège-Bastogne-Liège race **9.25** Going for Gold **9.30** Cycling **11.00** Motor Racing: World Touring Cars news **11.30** Eurosport News **11.35** Going for Gold **11.45** Football's Greatest **12.55–1.00am** Watts

BT Sport 3

Sky 414 **Virgin** 533 **BT** 410 **HD** **Virgin** 529 **BT** 432

6.00am French Football **10.00** Scottish Cup Football **11.30** Uefa Super Cup: Real Madrid v Sevilla
1.00pm Australian Rules Football **2.00** Rugby Union **3.00** Scottish Football **3.30** Uefa Super Cup **5.00** League Cup Finals: 1970s **5.30** League Cup Finals: 1980s **6.00** Premier League Football **7.30** Premier League World **8.00** French Football
12 midnight Scottish Cup Football **1.30am** Brazilian Football **3.00** Uefa Super Cup **4.30–6.00am** Scottish Cup Football

Eurosport 2

Sky 411 **Virgin** 524 **BT** 413 **HD** **Virgin** 522 **BT** 436

6.00am Watts **8.00** Rallying **8.30** Motocross **9.00** Speedway **10.00** Sports Insiders **10.30** Snooker: the International Championship
12.30pm Cycling **1.55** Eurosport News **2.00** Rallycross **3.00** Motor Racing **4.00** Motocross **4.30** Speedway **6.30** News **6.35** Motocross: British Championship, round six at Blaxhall **7.35** British Superbikes: the seventh round of the season at Brands Hatch **9.05** Motorcycling: the Southern 100 **10.05** Speedway: Swedish action **11.05** Eurosport News **11.10** Going for Gold **11.15** Rallycross
12.15am Motorcycling **12.30–6.00am** Eurosport News

BT Sport//ESPN

Sky 426 **Virgin** 534 **BT** 411 **HD** **Virgin** 530 **BT** 433

6.00am Pardon the Interruption/ Around the Horn: sports chat **8.00** American Football **8.30** Major League Baseball **11.30** ESPN FC
12 noon Major League Baseball
3.00pm Australian Rules Football **4.00** Last Week, This Week **4.30** ESPN FC: football news
5.00 LIVE Major League Baseball Miami Marlins v San Francisco Giants (start time **5.10**).
8.00 Last Week, This Week **8.30** Boxing **10.30** Australian Rules Football **11.30** American Football
12 midnight LIVE Major League Baseball Boston Red Sox v New York Yankees (start time **12.10**).
3.00am Major League Baseball **4.00** Australian Rules Football **5.00–6.00am** Major League Baseball

Puzzles Are you an **Egghead** or will you end up **Pointless?** Take our brainteasers Your RT P148/149

THURSDAY Choices The pick of today's TV

80s ARCADIA Time traveller Dominic Sandbrook

VIDEO NASTIES

■ The cult of "video nasties" in the early 1980s was spawned by the spread of domestic video cassette recorders.

■ Anti-filth campaigner Mary Whitehouse, highly influential head of the National Viewers' and Listeners' Association, was outraged when she watched a video of *Cannibal Holocaust*. Along with other lurid, cheaply made gore-fests with explicit covers such as *I Spit on Your Grave* and *Driller Killer*, it wasn't subject to UK censorship laws, as these had yet to encompass videos.

■ Newspapers picked up the "horror in your front room" theme and eventually the government introduced the Video Recordings Act 1984 to classify such movies.

PICK OF THE DAY The 80s with Dominic Sandbrook *9.00pm* ***BBC2***

DOCUMENTARY Social historian Dominic Sandbrook, in an omnipresent fur-trimmed parka that makes him look as if he's locked in an eternal embrace with a teddy bear, makes more sweeping generalisations about the 1980s.

Apparently, there was a "deep anxiety running through the heart of the decade". Really? I don't remember that at all, the 80s were great and the music was fabulous. The soundtrack to this series is terrific – you can have your own private pop quiz naming the bands.

Sandbrook has a scattergun approach, so this episode runs from Aids to the miners' strike, from the Brighton bombing to *Dallas*.

He's actually an engaging commentator, even if he's presumptuous, and there are some keen glimpses into the prejudices of another time.

The treatment of gay men and women during the Aids crisis, or "gay plague" as it was routinely referred to, is particularly jaw-dropping. **ALISON GRAHAM**

Emmerdale

7.00pm, 8.00pm ***ITV***

SOAP For a while in the 1980s, Michael Praed was about as famous as famous can be. First as New Romantic Robin Hood fighting in Sherwood to a Clannad soundtrack, then as Prince Michael in *Dynasty*, a role that put him at the centre of the supersoap's notorious cliffhanger – the Moldavian wedding day massacre!

Well, fast-forward 30 years and Praed is returning to soapland, although there's little sign of blue blood for the part he has here – that of Frank Clayton, Tracy's jailbird dad, who gets a visit from David in tonight's double bill. Let's hope he fares better than the last *Dynasty* transfer: Maxwell Caulfield's Mark Wylde, killed off in 2010, just a year after showing up. **DAVID BROWN**

The Supervet: Bionic Specials

8.00pm ***C4***

DOCUMENTARY Molly is a nine-year-old cavalier spaniel with a bump on her head that's probably a malignant brain tumour. Her only hope is pioneering surgery using 3D printing to make a mesh to cover the wound and protect the brain. Norfolk terrier Archie needs a custom-made bionic elbow if he is to be free from constant pain. And of course Noel Fitzpatrick is the only vet in Europe who's using such revolutionary technology in veterinary medicine.

The emphasis is slightly more on the amazing technology than the animals, but although Noel is fired up at trying something new, he's as caring as ever towards his patients. **JANE RACKHAM**

Paul O'Grady's Animal Orphans

9.00pm ***ITV***

DOCUMENTARY He's no David Attenborough but there's no doubting Paul O'Grady's love and compassion for animals. His wildlife films are enchanting as well as informative.

In this edition from 2015 he returns to the Moholoholo Wildlife Rehabilitation Centre in South Africa, where he meets Olive, an eight-month-old rhino who lost her mother to poachers. Paul sees how rangers remove rhinos' horns themselves in the hope this will deter poachers, before he takes Olive for a cooling bath – which turns out to be a mucky affair. Next he teaches a young aardvark how to hunt for termites and keeps a lion cub company. **JR**

Don't Tell the Bride

9.00pm ***Sky1***

REALITY Usually I prefer sparks to fly because of passion, rather than the exposed cables on a dilapidated bumper-car ride. But tonight's episode should teach me not to be such a snob, as Staffordshire pair Kloe and Loz get set to wed.

Kloe can't picture herself marrying Loz anywhere other than Majorca, which bodes well, as Loz, who "cannot organise nothing", has 14 grand to spray and his heart set on a fairground-themed do in regal Weston-super-Mare.

But whether it's a Balearic beach or a Yates's Wine Lodge, who cares about the destination, as long as you're with the man you love? (Note to prospective suitors/all men: me. I care.) **SARAH CARSON**

The Americans

9.00pm ***ITV Encore***

DRAMA This simply magnificent finale is rich with tension, subtle character shifts, subtext and harbingers of what's to come in the two final seasons commissioned by the show's American broadcaster, FX.

As 1984 dawns, the FBI are on to William, the Russian mole in the bioweapons factory. We know he is mentally exhausted and ethically torn – just the sort of comrade whose capture could be fatal for Philip (Matthew Rhys) and Elizabeth (Keri Russell).

Meanwhile, in an episode strongly themed around the spy game being won and lost on ungovernable human emotions, life in the KGB couple's home only ever gets more complex. **JACK SEALE**

Justified

12 midnight ***Spike***

DRAMA This final series is really on a roll. You can't afford to turn away for a second, otherwise you might miss a vital conversation or neat bit of backstabbing or betrayal. And I don't think I've ever seen a more threatening marriage proposal on TV: "As long as you're straight with me, you'll never have to worry another day of your life". Run for the hills, Katherine!

Also right to be worried: Markham's inefficient ex-army goons. Their latest "accident" is not going to be well received by their boss. But the episode begins where all fans want *Justified* to be: in Ava's kitchen, with a polite but terrifically barbed exchange between Raylan and Boyd, two sides of the same Kentucky coin. **GC**

PAST PERFECT Ruth Goodman chills out on the *Flying Scotsman*

Full Steam Ahead

8.00pm ***BBC2***

DOCUMENTARY It wasn't until the railways that British people began to feel connected to each other rather than considering themselves, say, a Bristolian or Mancunian. As well as faster travel, speedy delivery of mail and distribution of daily newspapers, trains also standardised time. Until then cities around the UK had slightly different times because the sun rises in the east earlier than in the west, but trains needed a rigid timetable.

Ruth Goodman, Peter Ginn and Alex Langlands experience work on a TPO (travelling post office), including the heart-thumping moment the hurtling steam train picked up or dropped off a leather bag of mail dangling by the side of the track. Their reward is a wonderful trip on the *Flying Scotsman* from London to Edinburgh – unfortunately, their waiter is a bit clumsy when serving their jelly. **JR**

DISCOVER TV

Today's best of BBC3, iPlayer, Netflix and beyond

Mr Robot

Amazon Prime

It's hard to discuss season two in detail without giving away what happened at the end of the first run, which we refuse to do. Suffice to say, though, that the innovative drama about a computer hacker with psychiatric difficulties has found a way to renew his relationship with the impish Mr Robot (Christian Slater). There's a high-stakes new storyline, too.

Childhood's End

Sky Box Sets/NowTV

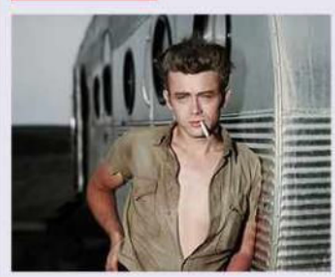
Two Brits are behind an American mini-series based on Arthur C Clarke's 1953 book about an apparently benevolent alien invasion: writer Matthew Graham (*Life on Mars*) and director Nick Hurran (*Doctor Who, Sherlock*). It suffers a little from how influential the novel has been, but sci-fi fans won't mind the familiarity.

The Originals

Netflix

A *Vampire Diaries* spin-off, offering fresh supernatural hogwash for teens. In season three, which arrives on Netflix today, squabbling undead brothers Klaus and Elijah resume their feud as they recover from last year's big witch fight. **JS**

HIDDEN GEM



Children of Giant

9.00pm ***PBS America***

In 1955 when James Dean's last movie was filmed in the small town of Marfa, Texas, director George Stevens let all the locals watch it being made. The result is a trove of memories and photos that speak volumes about the film business as well as the attitudes and lives of 1950s Americans.

FILMS OF THE DAY

■ Hot Fuzz

9.00pm ***ITV2***

Gleeful mix of murder mystery and action comedy in which an overachieving London cop (Simon Pegg) is transferred to a crime-free village, where his zeal for law enforcement causes quite a stir. Part two in the spoofy Three Flavours Cornetto trilogy.

See page 40

■ **The Love Bug** *11.00am* ***Film4***
This is where it all began for the little car with a mind of its own. Stars Dean Jones and David Tomlinson.

■ **Unleashed** *11.55pm* ***ITV4***
Can Morgan Freeman save martial arts "attack dog" Jet Li from himself?

CHILDREN'S CHOICE

Blue Peter

5.00pm ***CBBC***

In a green badge special devoted to British wildlife, we learn about the reptiles on our doorstep, and young gardening expert George transforms the *Blue Peter* garden into a bird haven.

■ **Hank Zipzer** *4.30pm* ***CBBC***
Comedy drama based on the books by Henry Winkler. Hank, Frankie and Ashley are set on seeing their favourite band at a rock festival but must first escape from Miss Adolf's survival camp.

BEST LIVE SPORT

■ **Cricket: England v Pakistan, Fourth Test, day one** *10am* ***SS2;*** *7pm (highlights)* ***C5*** The final match in the series gets under way at the Oval.

■ **Twenty20 Cricket: T20 Blast, last quarter-final** *7pm* ***Sky Sports 2***

■ **League Cup first round: Bristol Rovers v Cardiff City** *7.30pm (k/o 7.45pm)* ***Sky Sports 1***

■ **Super League Rugby, Super 8s: Widnes Vikings v Hull FC** *7.30pm (k/o 8pm)* ***Sky Sports 3***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

GETTY

BBC1

6.00am Olympic Breakfast
Presented by Stephanie McGovern and Naga Munchetty. Replay of last night's action from 9.15am on BBC2, followed at 1pm by a look at today's golf action, and the rowing men's lightweight fours final and men's and women's single sculls semi-finals. (S) (HD)

9.15 Countryside 999
A woman collapses in a remote area. (R) (S) (AD) (HD)

10.00 Homes under the Hammer
Properties scrutinised include a semi-detached house, a former shop and a pub. (R) (S) (AD) (HD)

11.00 Wanted Down Under
A family consider moving to New Zealand. (R) (S) (AD) (HD)

11.45 The Housing Enforcers
A musician is on the brink of being evicted and a mother lives in a garage for the sake of her children.
Repeated tomorrow 7.45am BBC2 (Revised rpt) (S) (HD)

12.15pm Bargain Hunt
Two teams of firefighters select antiques. (R) (S) (AD) (HD)

1.00 BBC News Regional News; Weather (S) (HD)

1.45–6.00 Olympics 2016

1.45 Rowing
Coverage gets under way at the Lagoa Stadium. After winning gold in the double sculls at London 2012, Katherine Grainger will be hoping to repeat the feat in Rio, this time with new partner Vicky Thornley. (S) (HD)
2.00 Men's pairs final
2.04 Women's double sculls final
2.24 Men's double sculls final
2.44 Men's lightweight four final

3.45 Canoeing and Tennis
Over in the Whitewater Stadium, Britain's David Florence and Richard Hounslow will hope to be in the canoe slalom double semi-finals.

At the Olympic Tennis Centre, defending champion Andy Murray should be confident of reaching the quarter-finals of the men's singles. (S) (HD)
Canoeing
4.30 Men's C2 slalom semi-final
Patrick Winterton and Helen Reeves commentate.

5.00–6.00 Swimming
Four years ago at the age of just 15, America's Katie Ledecky picked up gold in the 800m freestyle and has been rewriting the record books ever since. (S) (HD)
5.02 Men's 50m freestyle heats
5.20 Women's 800m freestyle heats
The swimming action continues on BBC2, including the men's 100m butterfly heats, and in the canoeing there's coverage of the men's C2 slalom final.

6.00 BBC News Weather (S) (HD)

6.30 Regional news magazines (S)

7.00–7.30 Olympics 2016

7.00 Olympics Round-up
Clare Balding rounds up the day's action and looks ahead to the evening's events. Highlights of the tennis, sailing and badminton on BBC2 from 7.30pm. (S) (HD)

7.30 EastEnders
Masood encourages Carmel to apply for a new job.

Masood Ahmed	**Nitin Ganatra**	Steven Beale	**Aaron Sidwell**
Carmel Kazemi	**Bonnie Langford**	Roxy Mitchell	**Rita Simons**
Lauren Branning	**Jacqueline Jossa**	Les Coker	**Roger Sloman**
Louise Mitchell	**Tilly Keeper**	Claudette Hubbard	**Ellen Thomas**
Paul Coker	**Jonny Labey**	Stacey Branning	**Lacey Turner**
Jack Branning	**Scott Maslen**	Patrick Trueman	**Rudolph Walker**
Phil Mitchell	**Steve McFadden**	Ronnie Mitchell	**Samantha Womack**
Whitney Dean	**Shona McGarty**	Ian Beale	**Adam Woodyatt**
Kyle Slater	**Riley Carter Millington**	Ricky Mitchell	**Henri Kirkham**
Belinda Peacock	**Carli Norris**	Lily Branning	**Aine Garvey**
Denise Fox	**Diane Parish**	Amy Mitchell	**Abbie Knowles**
Ben Mitchell	**Harry Reid**		

Writer Paul Quiney Further cast Tuesday
Satellite and cable viewers can watch a repeat at 10pm on W (S) (AD) (HD)

8.00–10.00 Olympics 2016

8.00 Gymnastics and Track Cycling
Grace and power combine in the Olympic Arena for the women's individual all-around.

Rowing *from 1.45pm* Katherine Grainger (right) took two years off after winning gold four years ago after three consecutive silvers. Now she is back in business with new partner Vicky Thornley (left)

As the track cycling begins in the Olympic Velodrome, Bradley Wiggins starts his quest for a fifth Olympic gold medal in the men's team pursuit. Team GB will also be hoping to repeat their London 2012 triumphs in the women's team pursuit and the men's team sprint. (S) (HD)
Track Cycling
8.00 Men's team sprint qualifiers
8.19 Women's team pursuit qualifiers
9.10 Men's team sprint semi-finals
9.23 Men's team pursuit qualifiers
The cycling action continues on BBC2 with the men's team pursuit qualifiers and the men's team sprint finals.

10.00 BBC News
Regional News; Weather (S) (HD)

10.45–4.00am Olympics 2016

10.45pm Rugby Sevens
The podium places are decided at the Deodoro Stadium, beginning with the bronze-medal match. Fiji have been the dominant force in recent years – winning the last two World Series titles – and hopes are high for a first ever Olympic medal for the Pacific island nation. (S) (HD)
11.00 Men's gold-medal match
Eddie Butler and Sir Clive Woodward commentate.

11.30 Olympics Round-up
With Clare Balding and Mark Chapman. (S) (HD)

12 midnight–4.00am Hockey and Swimming
London 2012 bronze medallists Great Britain aim to close in on the women's hockey quarter-finals.

Meanwhile in the pool, Michael Phelps should be in action in the 200m individual medley. But the biggest noise could be made during the men's 50m freestyle semi-finals, if the Brazilian Bruno Fratus is giving the home crowd something to cheer about. Jason Mohammad and Helen Skelton present. (S) (HD)
Hockey
12.30 Japan v Great Britain, women's Group B.
Swimming
2.03 Men's 50m freestyle semi-finals
2.17 Women's 200m breaststroke final
2.26 Men's 200m backstroke final
2.35 Women's 200m backstroke semi-finals
3.01 Men's 200m individual medley final
3.18 Women's 100m freestyle final
3.34 Men's 100m butterfly semi-finals

4.00am Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton and Golf
The first round of the men's golf takes place this afternoon. Although the top four men in the sport withdrew before the start of the competition due to fears about the Zika virus, the competition will still be fierce. Team GB has some serious medal hopes in the men's and women's events in Danny Willett, Justin Rose and Charley Hull. Also this afternoon, the badminton competition continues in the group stage in the men's and women's singles and doubles. Presented by Ore Oduba. (S) (HD)

3.00 Hockey and Tennis
Expect defending champion Andy Murray to pursue a robust defence of his title as the men's and women's singles and doubles tennis tournaments reach the quarter-final stages along with the mixed doubles. Meanwhile the men's and women's hockey group matches continue with Ireland entering the fray. (S) (HD)
Hockey
8.00 Ireland v Canada, men's Group B
Commentary comes from Matt Chilton, Simon Mason and Mel Clewlow.

6.00 Swimming and Canoeing
Action from the canoe slalom competitions at the Whitewater Stadium, as the men's C2 and women's K1 reached the semi-final stage, followed by the finals. Britain's best hope is in the men's doubles, where London 2012 silver medallists David Florence and Richard Hounslow compete.

In the pool, there are heats in the men's 100m butterfly and the women's 200m backstroke, where Lizzie Simmonds will want to make a mark as she aims to improve on fourth place in 2012.

Presented by Dan Walker and Helen Skelton. Commentary comes courtesy of Patrick Winterton and Helen Reeves. (S) (HD)

8.00 Gymnastics and Track Cycling
The highlight of tonight's gymnastic competition is the women's individual all-around final. Ellie Downie, who took a bronze for Britain at the 2015 European Championships, is back for 2016 as is defending champion Gabby Douglas who was one of the USA's "Fierce Five". Surely the one to beat, however, is the USA's three-time world champion Simone Biles.

There's a full schedule over at the Velodrome, including the qualifying stages of the women's and men's team pursuits along with the semi-finals and the finals of the men's team sprint, where Team GB's Callum Skinner has the unenviable task of stepping into Chris Hoy's shoes in the trio that won gold in London in record-breaking time. (S) (HD)

10.00 Beach Volleyball and Judo
Team GB's Gemma Gibbons narrowly lost to Kayla Harrison of the USA in the 2012 women's judo 78kg final and had to settle for a creditable silver medal. She has struggled with injury since but still has a chance of winning gold. There's also action from the men's 100kg final.

Competition continues in the beach volleyball, with the preliminaries for men and women. (S) (HD)

12.30–2.00am Table Tennis
The medals in the men's singles will be decided tonight, and it should become clear whether Chinese star Zhang Jike, who's likely to be contesting the gold medal, has won new fans among the locals, having been named after Brazilian footballing hero Zico. (S) (HD)
12.30 Men's bronze medal match
1.30 Men's gold medal match

2.00am Britain on Film: War and Peace How technology transformed life in the 1960s, with washing machines beginning to appear in homes and nuclear power being seen as an alternative to fossil fuels. (R) (S)
2.30 Sounds of the Sixties Music from the archives, featuring performances by the Bee Gees, the Rolling Stones and Dave Dee, Dozy, Beaky, Mick and Tich. (R) (S)
3.00–4.00am Cleopatra: A Timewatch Guide How the public's view of the ancient Egyptian queen has changed over the years, from Roman propaganda, Shakespeare's portrayal and the golden age of Hollywood. (R) (S) (AD) (SL)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.00am Paul Martin's Handmade Revolution A wood carver and a glass blower are among those hoping to impress the judges. (R) (S) (HD)

6.45 Homes under the Hammer Properties in Kent, Shropshire and Stockport. (R) (S) (HD)

7.45 The Housing Enforcers A neglected property. Shown yesterday 11.45am BBC1 (S) (HD)

8.15–9.15 Sign Zone New Zealand: Earth's Mythical Islands *2/3.* The creatures that endure in some of New Zealand's wildest locales. (R) (S) (AD)

9.15 Olympics 2016 Highlights Action from day five, including the women's road cycling time trial and the men's 200m breaststroke swimming final. (S) (HD)

1.00pm Olympics 2016 Live coverage of the men's and women's single sculls rowing semi-finals. Plus highlights from day one of the men's golf. (S) (HD)

1.45 Red Rock Katie faces troubling news. With Boyko Krasanov and David Crowley. (S) (AD) (HD)

2.30 The Edge Game show. (R) (S) (HD)

3.15 Escape to the Country Searching for a home in North Yorkshire. (R) (S) (AD) (HD)

4.00 The Great Antiques Map of Britain Tim Wonnacott visits Bakewell in Derbyshire. (R) (S) (HD)

4.30 Flog It! The experts examine items at Normanby Hall in north Lincolnshire. (R) (S) (HD)

5.15pm Pointless
Quiz show with Alexander Armstrong. (R) (S) (HD)

6.00 Olympics 2016
The men's C2 canoe slalom final from **6.15**, plus swimming heats in the men's 100m butterfly at **6.22** and women's 200m backstroke from **6.42**. (S) (HD)

7.00 Eggheads
Jeremy Vine hosts the weekday quiz.
Executive producers Andy Culpin and Rob Dean (S) (HD)

7.30 Olympics 2016
Tennis, sailing and badminton, plus build-up to the women's artistic gymnastics individual all-around final. (S) (HD)

8.00 Full Steam Ahead
RT ***4/6.*** Alex Langlands and Peter Ginn take a ride on the most famous locomotive in the world, the *Flying Scotsman*, and meet the catering staff who have to feed 250 hungry mouths. Ruth Goodman recalls the unusually titled jobs that accompanied the growth of the railways, including the wheel tapper. **See p97.**
Producer Georgina Stewart
Series producer Stuart Elliott (S) (AD) (HD)

9.00 The 80s with Dominic Sandbrook
RT ***2/3.* Under Pressure.** By the middle of the decade, Britain sometimes felt like an embattled nation, facing threats from enemies within as well as abroad. From the invasion of the Falkland Islands to the threat from the IRA, there was a sense of being under attack. The spectre of Aids and the moral panic surrounding so-called video nasties brought a different kind of division, while the miners' strike played out on our TV screens. **See p96.**
Director/Producer Jacqui Farnham (S) (AD) (HD)

10.00 Olympics 2016
Continued coverage of the track cycling events, including qualifying in the men's team pursuit and the final of the men's team sprint at **10.21**. (S) (HD)

10.45 Newsnight With Kirsty Wark. (S) (HD)

11.15 Weather (S) (HD)

11.20 An Hour to Save Your Life
1/4 *Series 3.* A moped rider who collided with a lorry. **See choice, p77.** Shown Tuesday 9pm (S) (AD) (HD)

12.20am Brexit: the Battle for Britain Laura Kuenssberg look at the possible impact of the vote. **See choice, page 67.** Shown Monday 9pm (S) (HD)

1.20–2.50am Sign Zone 1.20 The Refugee Camp: Our Desert Home *2/2.* Life at a camp in Jordan. (R) (S) (AD) **2.20 Rhod Gilbert's Work Experience *1/4*** The comedian trains as a BBC news reporter. (R) (S)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am Good Morning Britain (S) (HD)

8.30 Lorraine Showbiz guests and fashion. (S) (HD)

9.25 The Jeremy Kyle Show (R) (S) (HD)

10.30 This Morning Actor Neil Pearson guests. Including **Regional Weather** (S) (HD)

12.30pm Loose Women With Duncan James. (S) (HD)

1.30 ITV Lunchtime News Regional News; Weather (S)

2.00 Judge Rinder Real-life cases. (R) (S) (HD)

3.00 Secret Dealers An Asprey silver and enamel serpent egg clock. (R) (S) (HD) Then **Regional Weather** (S)

4.00 Tipping Point Game show. (R) (S) (HD)

5.00pm Cash Trapped
9/10. Quiz hosted by Bradley Walsh. (S) (HD)

6.00 Regional News Weather (S)

6.30 ITV Evening News Weather (S)

7.00 Emmerdale
RT David secretly visits Tracy's dad Frank in prison. Continues at 8pm. **See page 96.**

David Metcalfe	**Matthew Wolfenden**	Priya Kotecha	**Fiona Wade**
Tracy Shankley	**Amy Walsh**	Rodney Blackstock	**Patrick Mower**
Frank Clayton	**Michael Praed**	Vanessa Woodfield	**Michelle Hardwick**
Rakesh Kotecha	**Pasha Bocarie**	Leyla Harding	**Roxy Shahidi**
Chrissie Sugden	**Louise Marwood**	Ronnie Hale	**John McArdle**
Lawrence White	**John Bowe**	Ross Barton	**Michael Parr**
Megan Macey	**Gaynor Faye**	Marlon Dingle	**Mark Charnock**
Holly Barton	**Sophie Powles**	Sam Dingle	**James Hooton**
Cain Dingle	**Jeff Hordley**	Samson Dingle	**Sam Hall**
Moira Dingle	**Natalie J Robb**	Victoria Barton	**Isabel Hodgins**
Rishi Sharma	**Bhasker Patel**	Prison officer	**Dave Dutton**
Kerry Wyatt	**Laura Norton**	Court clerk	**Claire Cage**
Lisa Dingle	**Jane Cox**	Police officer	**Dana Haqjoo**

Writer Linton Chiswick More cast Tuesday
Repeated ITV2 tomorrow 8am and 12.15pm (S) (AD) (HD)

7.30 Real Stories with Ranvir Singh
5/6 *Series 2.* Owen Howkins has a rare disorder that only affects around 100 children worldwide. His struggles with the condition left him exhausted and withdrawn, until three-legged rescue dog Haatchi came into his life. Isabella, daughter of former footballer Phil Neville and his wife Julie, has defied all expectations after suffering a stroke at the age of 18 months, which left her with cerebral palsy.
Directors/Producers Catherine Morgan, Gregor Stewart and John Willatts (S) (HD)

8.00 Emmerdale
RT Rakesh is sickened by Andy's concern for Chrissie's feelings. **See page 96.**
Writer Linton Chiswick
Repeated ITV2 tomorrow 8.30am and 12.45pm (S) (AD) (HD)

8.30 The Cruise
1/6. The crew of the *Regal Princess* live and work on board the giant cruise ship for up to nine months at a time. As an 11-day voyage from Copenhagen to St Petersburg begins, new dancer Dulcie is hoping she'll make the grade on the entertainment team.
Directors Catey Sexton and Adam Hopkins
Executive producers Alicia Kerr and Paul Hamann (R) (S) (HD)

9.00 Paul O'Grady's Animal Orphans
RT Paul travels to South Africa, Zambia and Namibia to meet wild animals that have been orphaned, often as a result of human action. First stop is Mohololo Wildlife Rehabilitation Centre in South Africa, where Paul spends time with Olive, an eight-month-old rhino. **See p96.**
Series director Jill Worsley
Executive producer Mark Scantlebury (R) (S) (HD)

10.00 ITV News at Ten
Weather; Regional News and Weather (S)

10.40 Drive
4/5. It's the semi-final, and foot-down time for the remaining celebrity drivers as they take on a rallycross challenge. Presented by Vernon Kay.
Executive producers Dan Adamson, Melanie Leach and Andrew Mackenzie-Betty; Series editor Nic Patten (R) (S) (HD)

11.40 Murder, She Wrote
Death 'n' Denial. Jessica is called in to investigate the theft of a priceless Egyptian relic. (R) (S) (AD) (HD)

12.35am Jackpot247 Interactive gaming.
3.00 Nightscreen Text information. (HD)
5.05–6.00am The Jeremy Kyle Show (R) (S) (SL) (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am 3rd Rock from the Sun (R) (S) (AD)

7.05 Everybody Loves Raymond (R) (S)

7.55 Frasier Double bill. (R) (S) (AD)

9.00 The Big Bang Theory (R) (S) (AD) (HD)

10.00 The Simpsons (R) (S) (AD)

11.30 Come Dine with Me From Kent. (R) (S) (HD) Including **News** at **12 noon** (S) (HD)

2.10pm Fifteen to One: Grand Final The 15 best series winners compete. (S) (HD)

3.10 Countdown With Charlie Stayt. (S) (HD)

4.00 Three in a Bed In West Yorkshire, Suffolk and Cornwall. (R) (S) (HD)

5.00 Couples Come Dine with Me Duos in Newcastle compete. (R) (S) (HD)

6.00pm The Simpsons
Home Away from Homer. Ned Flanders takes in lodgers. (R) (S) (AD)

6.30 Hollyoaks
Will Freddie and Ellie move in together?

Freddie Roscoe	**Charlie Clapham**
Ellie Nightingale	**Sophie Porley**
Marnie Nightingale	**Lysette Anthony**
Mac Nightingale	**David Easter**
Myra McQueen	**Nicole Barber-Lane**
Nathan Nightingale	**Jared Garfield**
Ryan Knight	**Duncan James**
Sally St Claire	**Annie Wallace**
Sonia Albright	**Kiza Deen**
Ste McQueen	**Kieron Richardson**
Tony Hutchinson	**Nick Pickard**
Warren Fox	**Jamie Lomas**
Mike Barnes	**Tony Hurst**

Writer Alanna Hallum More cast Tuesday
Shown yesterday 7pm E4 Rptd tomorrow 6am E4
The next episode follows on E4 (S) (AD) (HD)

7.00 Channel 4 News
Sport; Weather (S) (HD)

8.00 The Supervet: Bionic Specials
RT ***New series. 1/4*** *Series 7.* Noel Fitzpatrick utilises the latest technological advances to perform radical procedures on two poorly pooches. Spaniel Molly has a brain tumour, and Norfolk terrier Archie has a severe elbow deformity. **See p96.**
Series producer Sophie Waldron; Exec producer Alex Sutherland Rptd Wed 8pm 4seven (S) (AD) (HD)

9.00 999: What's Your Emergency?
Ep 6 *Series 3.* In Warrington, paramedic Becki arrives at the home of a Latvian woman who has been mugged, but had to wait for her daughter to call 999.
Series director Jim Incledon; Series producer Jo Abel Repeated tomorrow 12.05am 4seven (S) (HD)

10.00 Ramsay's Hotel Hell
Ep 7 *Series 3.* The chef arrives at a Caribbean-style resort hotel in Florida where the rooms are dusty, the service is poor and concerts are held late at night. (S) (AD) (HD)

11.00 Britain's Benefit Tenants
1/3 *Series 2.* Landlord Rob has his own way of dealing with problem tenants.
Shown yesterday 9pm (S) (HD)

12.05am Naked Attraction *Ep 3.* A sales advisor takes part. Shown Mon 10pm (S) (AD) (HD)
1.00 The Job Interview *Ep 5.* A vacancy at a car hire firm. Shown Tue 9pm (S) (AD) (HD)
1.55 Brexit: Who'll Do Your Job Now? A *Dispatches* report. Shown Mon 8pm (S) (AD) (HD)
2.30 Phil: Secret Agent Down Under A property in Adelaide. (R) (S) (SL) (HD)
3.25 Double Your House for Half the Money A former post office. (R) (S) (SL) (AD) (HD)
4.20 Kirstie's Fill Your House for Free Renovating a bedroom. (R) (S) (HD)
4.35 Countdown (R) (S) (HD)
5.15–6.15am Fifteen to One (R) (S) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf
plus 29 more Freeview channels

Regional variations

LONDON LIVE
F'view 8 **Sky** 117 **Virgin** 159

5.00am London Live Review **6.00** Magnum: Live: a performance from a London venue
7.30 Cash in the Attic: making money from unwanted items (R)
8.30 London Live News
10.00 Cash in the Attic: making money from unwanted items (R)
11.00 Made in Chelsea: tensions run high following Lucy's eventful party (R)
12 noon London Live News: latest reports
2.00pm FILM: Martha – Meet Frank, Daniel and Laurence: romantic comedy drama starring Monica Potter
3.45 FILM: Is Your Honeymoon Really Necessary?: comedy
5.30 BFI London
6.00 London Live News
7.30 London Film Club: news and reviews (R)
8.00 Put Your Money Where Your Mouth Is (R)
9.00 Da Ali G Show (R)
10.00 FILM: Triads, Yardies and Onion Bhajees!: crime drama
12.10am FILM: Hackney's Finest: crime drama
2.00 Da Ali G Show (R)
3.00–5.00am Desmond's (R)

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

THURSDAY Freeview

Channel 5 [5]

Test Cricket *7.00pm* James Anderson looks to bowl over Pakistan at the Oval

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

6.00am Milkshake! See page 103

9.15 *New.* The Wright Stuff Studio debate on the day's news. (HD)

11.15 Cowboy Builders A perilous garden wall in Cardiff. (S) (HD) **12.10pm 5 News** (S) (HD)

12.15 Celebrity Big Brother Highlights. Shown yesterday 9pm Rptd 2pm/5pm 5 Star (HD)

1.15 Home and Away Shown yesterday 6.30pm on 5 Star Repeated 6pm on C5 (S) (AD) (HD)

1.45 *New.* Neighbours Rptd 5.30pm (S) (AD) (HD)

2.20 NCIS *11/24 Series 10.* The body of a journalist is fished out of a lake. (S) (AD) (HD)

3.15 *New.* Guilty until Proven Innocent: Garage Sale Mystery Crime drama starring Lori Loughlin. Amateur sleuth Jennifer investigates when an old college friend becomes a murder suspect. (S) (HD)

5.00pm 5 News (S) (HD)

5.30 Neighbours
Ben and Xanthe tentatively reconnect. Shown 1.45pm Repeated 6pm 5 Star (S) (AD) (HD)

6.00 Home and Away
Hunter prepares to learn his fate. Shown 1.15pm Next episode 6.30pm 5 Star (S) (AD) (HD)

6.30 5 News Tonight (S) (HD)

7.00 *New.* Test Cricket
Action from the Oval on day one of the final Test in the four-match series between England and Pakistan. (S) (HD)
Followed by **5 News Update** (S) (HD)

8.00 *New.* Desperately Seeking Stardom: On Benefits
Debra hopes that a part in a film will be her ticket to a life off benefits. Anthony thinks his epileptic seizures are harming his prospects of being given a job. Anne Marie struggles to give her granddaughter the treats that she deserves.
Director/Producer Toral Dixit (S) (HD)
Followed by **5 News Update** (S) (HD)

9.00 *New.* Celebrity Big Brother
The latest from the star-studded house. Rptd tomorrow 12.15pm C5; 2pm/5pm 5 Star (S) (HD)

10.00 30 Stone But Can't Stop Eating
4/6. Four overweight people explain why they feel comfortable with their size. Terry, who weighs 30 stone, dreams of making it as a supersized Hollywood actor. Jay, a size 24, believes people should accept her as she is and pro-fat activist Katie has found popularity with her outrageous YouTube videos.
Director/Producer Carol Menzies (S) (HD)

11.05 *New.* Celebrity Big Brother's Bit on the Side
Rylan Clark-Neal presents. (S) (HD)

12.05am *New.* SuperCasino **3.10** Aircrash: Collision in the Skies (S) (HD) **4.00** World's Most Pampered Pets (S) (SL) (HD) **4.45** HouseBusters (S) (SL) **5.10–6.00am** House Doctor (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
My5 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p97 and **Discover TV** p44

ITV2 [6]

Hot Fuzz *9.00pm* Sgt Angel and PC Butterman investigate a murder

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Dinner Date (S) (HD) **7.10** The Ellen DeGeneres Show (S) (HD) **8.00** Emmerdale (S) (AD) (HD) **8.30** Coronation Street (S) (AD) (HD) **9.00** You've Been Framed! Gold (S) **9.30** Psych (S) (HD) **10.20** Royal Pains (S) (HD) **11.15** Dinner Date (S) (HD)

12.15pm Emmerdale Shown yesterday 7pm ITV (S) (AD) (HD) **12.45** Coronation Street Shown yesterday 7.30pm ITV (S) (AD) (HD) **1.15** You've Been Framed! Gold **1.45** The Ellen DeGeneres Show (S) (HD) **2.35** The Jeremy Kyle Show (S) (HD) **5.50** Take Me Out (S) (HD)

7.20pm Funniest Ever You've Been Framed! Gold
Musical mishaps and holiday clips. (S)

8.00 Two and a Half Men
5/16 Series 8. Charlie goes to Las Vegas to receive plastic surgery. (S) (HD)
8.30 *6/16.* Charlie becomes insecure when he discovers his latest conquest is slightly older than him. (S) (HD)

9.00 Hot Fuzz ★★★★
Action comedy starring Simon Pegg and Nick Frost. London policeman Nicholas Angel is reassigned to a sleepy rural village, but soon finds that the big city doesn't have a monopoly on crime.
Film of the Day: page 40.

Sergeant Nicholas Angel	**Simon Pegg**
PC Danny Butterman	**Nick Frost**
Inspector Frank Butterman	**Jim Broadbent**
Sergeant Tony Fisher	**Kevin Eldon**
DS Andy Wainwright	**Paddy Considine**
DS Andy Cartwright	**Rafe Spall**
PC Doris Thatcher	**Olivia Colman**
Simon Skinner	**Timothy Dalton**

Director Edgar Wright (2007, 15) (S) (AD) (W) (HD)

11.25 Family Guy
Series 9. Bertram goes back in time to kill Leonardo da Vinci. (S) (AD) (HD)
11.55 Death tries to show Peter what his life would be like without alcohol. (S) (AD) (HD)

12.25am American Dad! (S) (AD) (HD) **1.20** The Vampire Diaries (S) (AD) (HD) **2.15** Home Shopping **5.45–6.00am** Nightscreen (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

ITV3 [10]

Endeavour *8.00pm* Morse speculates on the cause of an artist's death

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Movies Now (HD) **6.10** Doctor in the House (S) **6.35** Heartbeat (S) (SL) **7.35** Where the Heart Is (S) (AD) **8.35** The Royal (S) (AD) **9.40** Judge Judy (S) (HD) **11.00** Murder, She Wrote (S) (AD) (HD)

12 noon Love Your Garden (S) (HD) **1.00pm** Heartbeat (S) **2.05** The Royal (S) (AD) **3.10** Where the Heart Is: Peggy moves on (S) (AD) **4.15** Doctor in the House (S) **4.50** Rising Damp (S) **5.20** George & Mildred

5.55pm Heartbeat
A magistrate does his best to protect a young troublemaker, while Vernon wonders if he may regret an offer to help old flame Maggie Byrne. (S)

7.00 Murder, She Wrote
Jessica takes over a congressman's seat in Washington while trying to find out who was responsible for his murder. But political shenanigans and sinister goings-on conspire to keep her from solving the crime. (S) (AD) (HD)

8.00 Endeavour
Arcadia. The shocking death of an artist in a fire leaves the police baffled. When news of the victim's ties to young Oxford activists tumbles out, Detective Constable Endeavour Morse is drawn into the deepening web of mystery that surrounds a Quaker-owned supermarket. (S) (AD) (HD)

10.00 Lewis
And the Moonbeams Kiss the Sea
A maintenance engineer is found shot dead in the Bodleian Library. When Lewis and Hathaway investigate, they discover some 19th-century books at his house that were taken from the reference centre, even though it doesn't lend out books. Further suspicions are aroused when it's revealed that the deceased was a member of a local support group. (S) (AD) (HD)

12 midnight Inspector Morse (S) (HD) **2.00–2.30am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

Drama [20]

Last of the Summer Wine *6.40pm* Clegg welcomes teenage visitors

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am The Bill (S) **8.00** Sharpe (S) **10.00** Lovejoy (S) **11.00** The Bill: double bill (S)

1.00pm Last of the Summer Wine (S) **1.40** Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe (S) **5.00** Lovejoy: the roguish antiques dealer offers to track down a conman (S)

6.00pm Brush Strokes
Elmo buys a camera and Jacko tries to help him make a promotional video.

6.40 Last of the Summer Wine
Seymour offers his services to the clergy, and sets about selling tickets for a staging of *The Tales of Beatrix Potter*. (S)

7.20 Whatever Happened to the Likely Lads?
Bob feels the strain of Thelma's absence, so Terry promptly suggests that he move in until she decides to come home. (S)

8.00 Cadfael
The Virgin in the Ice 2/2. Brother Cadfael continues his investigation into the murder of a nun, and tries to find the missing children she was escorting before her death.

9.00 Judge John Deed
4/4 Series 3. **Economic Imperative.** Jo is shocked when a single mother, fighting a lawsuit against the mobile phone company she blames for her incurable cancer, asks her to take care of her son after she dies. Presiding over the case, Deed finds himself at the centre of a dark plot between the phone company and Sir Ian Rochester. (S) (AD)

11.00 Birds of a Feather
Sharon learns her husband's cousin has been drumming up extra business at the café – by using it as a Greek nightclub.

11.40 The Bill
Zain panics when Honey's fingerprints are found at Bonham Wharf, suggesting she was the second prisoner at the scene. (S)

12.40am Lovejoy (S) **1.40** The Indian Doctor **2.35** Cadfael **3.20–3.55am** Birds of a Feather

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge: the first semi-final from 2008 **8.10** Soapbox Race (HD) **9.00** Lizard Lick Towing (S) (HD) **10.00** American Pickers (S) (HD) **11.00** Storage Hunters (S) (HD)

12 noon Top Gear (S) (AD) **1.00pm** American Pickers (S) (HD) **3.00** World's Most Dangerous Roads (S) (HD) **4.00** Lizard Lick Towing (S) (HD) **5.00** Soapbox Race (HD)

6.00pm Top Gear Hugh Grant guests. (S) (AD)
7.00 American Pickers Mike and Frank find what seems to be a dinosaur bone. (S) (HD)
8.00 QI XL With Isy Suttie and Bill Bailey. (HD)
9.00 Would I Lie to You? With Miles Jupp, Heston Blumenthal and Ed Byrne. (S) (HD)
9.40 Mock the Week With Gary Delaney, Holly Walsh and Josh Widdicombe. (S) (HD)
10.20 QI With Jo Brand and Vic Reeves. (S)
11.00 Jimmy Carr and Phill Jupitus guest. (S)
11.40 Would I Lie to You? With guests Gareth Malone, Amanda Abbington, Richard Osman and Phill Jupitus. (S) (HD)

12.20am Mock the Week (S) (HD) **1.00** QI (S) **2.20** Mock the Week (S) **3.00–4.00am** X-Fighters (HD)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am British Touring Cars: Crashes and Smashes (HD) **6.10** Magnum, PI (S) (SL) (HD) **6.55** Gunsmoke (S) (SL) **7.50** The Sweeney (S) **8.45** Ironside **9.50** Quincy (S) (AD) (HD) **10.55** Magnum, PI (S) (HD) **11.55** Gunsmoke (S)

1.00pm Pawn Stars (S) (HD) **2.00** Storage Wars (S) (HD) **2.55** The Sweeney (S) **3.55** Quincy (S) (AD) (HD) **5.00** Ironside

6.00pm Storage Wars A new buyer challenges Barry and Jarrod. (S) (HD)
6.30 An auction in Costa Mesa. (S) (HD)
7.00 Pawn Stars A first-edition novel. (S) (HD)
7.30 Signed *Star Trek* memorabilia. (S) (HD)
8.00 The Motorbike Show The California-based Brit who is reviving the American chopper. Shown yesterday 9pm (S) (HD)
9.00 *New.* Silverstone Classic Highlights from the motor racing festival. (S) (HD)
10.00 FILM Death Wish V ★ Crime thriller starring Charles Bronson. (S) (AD) (W) (HD)
11.55 FILM Unleashed ★★★ Action thriller starring Jet Li, Bob Hoskins and Morgan Freeman. **Review page 40.** (S) (AD) (W) (HD)

2.00–3.00am Benidorm (S) (SL)(AD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Be Beautiful (S) (HD) **9.10** The Only Way Is Essex (S) (HD) **10.00** Who's Doing the Dishes? (S) (HD) **11.00** Flipping Out (HD)

12 noon Buying and Selling (HD) **1.00pm** Dinner Date (S) (HD) **2.00** Vanderpump Rules (HD) **3.00** The Real Housewives of New York City (S) **4.00** The Real Housewives of Cheshire: double bill (S) (HD)

6.00pm Dinner Date Russell from Essex looks for romance on the dating show. (S) (HD)
7.00 Buying and Selling Working parents who are desperate for more space. (HD)
8.00 Dinner Date Jono from Tamworth takes part in the matchmaking show. (S) (HD)
9.00 *New.* Million Dollar Listing Josh Altman vows to stop at nothing to get a Hollywood Hills bachelor pad. Last in series. (HD)
10.00 *New.* Atlanta Plastic A woman whose dramatic weight loss has left her with sagging skin. Last in series. (HD)
11.00 The Only Way Is Essex Reality programme following people in Essex. (S) (HD)
11.50 The Jeremy Kyle Show USA (S)

12.40am Shopping **5.45–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

Angie Tribeca *9.30pm* Geils and Tribeca go under cover at a hospital

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 **HD** **Virgin** 145

6.00am Hollyoaks Shown yesterday 6.30pm C4 (S) (AD) (HD) **6.25** Coach Trip: Road to Ibiza Shown yesterday 7.30pm (S) (AD) (HD) **6.50** Melissa & Joey (S) (AD) (HD) **7.10** How I Met Your Mother (S) (AD) (HD) **8.05** Rules of Engagement (S) (HD) **9.00** The Goldbergs (S) (AD) (HD) **10.00** Baby Daddy (S) (HD) **11.00** Charmed (S)

1.00pm How I Met Your Mother (S) (AD) (HD) **2.00** The Big Bang Theory (S) (AD) (HD) **3.00** Baby Daddy (S) (HD) **4.00** Melissa & Joey (S) (AD) (HD) **5.00** The Goldbergs (S) (AD) (HD)

6.00pm The Big Bang Theory
10&11/24 Series 5. (S) (AD) (HD)

7.00 *New.* Hollyoaks
Ste struggles to cope on his first day out. Cast pp79/99 Rptd tomorrow 6.30pm C4 (S) (AD) (HD)

7.30 *New.* Coach Trip: Road to Ibiza
Two new arrivals join the tour in Nice. Repeated tomorrow 6.25am (S) (AD) (HD)

8.00 The Big Bang Theory
8/24 Series 9. Howard and Raj try to find Sheldon a new girlfriend. (S) (AD) (HD) **8.30** *9/24.* Sheldon and Amy spend Thanksgiving together. (S) (AD) (HD)

9.00 *New.* New Girl
11/22 Series 5. Jess helps Cece move her things out of her apartment. (S) (AD)

9.30 *New.* Angie Tribeca
6/10 Series 2. Geils and Tribeca try to find the culprit who is stealing organs at a hospital. James Franco guest stars. (S) (AD)

10.00 Brooklyn Nine-Nine
7/23 Series 3. Jake and Amy argue over his old, worn-out mattress. (S) (AD) (HD) **10.30** *8/23.* Panic ensues when Terry's wife goes into labour. (S) (AD) (HD)

11.00 The Big Bang Theory
8&9/17 Series 1. (S) (AD) (HD)

12 midnight Gogglebox (S) (SL) (HD) **1.00am** First Dates (S) (HD) **2.05** Rude Tube (S) (HD) **3.00** Drifters: double bill (S) (SL) (HD) **3.50** Angie Tribeca (S) (AD) **4.10** Rules of Engagement (S) (HD) **4.55–6.00am** Charmed (S)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 **HD** **F'view** 110

9.00am Come Dine with Me (S) (HD) **11.35** Superfoods: the Real Story (S) (HD)

12 noon The Question Jury (S) (HD) **1.00pm** Location, Location, Location (S) (HD) **2.00** Phil: Secret Agent Down Under (S) (AD) (HD) **3.00** Amazing Spaces Shed of the Year: the Eco and Unexpected categories (S) (AD) (HD) **4.00** Couples Come Dine with Me (S) (HD) **5.00** Double Your House for Half the Money (S) (AD) (HD)

6.00pm Phil: Secret Agent Down Under
A family search for a home in Brisbane. (S) (HD)

7.00 Come Dine with Me Four amateur chefs do battle in Swansea. (S) (HD)

8.00 Location, Location, Location
Looking for houses in Southampton and the New Forest. Shown Tue 8pm C4 (S) (AD) (HD)

9.00 FILM Super 8 ★★★★ Sci-fi adventure with Elle Fanning. **Review p36.** (S) (AD) (W) (HD)

11.15 999: What's Your Emergency?
Ep 6 Series 3. PC Greg Greaves calls for back-up after two suspects make claims of abuse and racism. Shown 9pm C4 (S) (HD)

12.15am Flying to the Ends of the Earth (S) (AD) (HD) **1.15** Bodyshockers: Nips, Tucks and Tattoos (S) (AD) (HD) **2.10** Naked Attraction (S) (AD) (HD) **3.05** The Job Interview (S) (AD) (HD) **4.00–5.00am** Couples Come Dine with Me (S) (HD)

More4 14

Love Child *9.00pm* Shirley has her hopes jeopardised by the police

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 **HD** **Virgin** 203

8.55am Jamie's 15-Minute Meals (S) (AD) (HD) **9.35** A Place in the Sun: Winter Sun (S) (HD) **10.30** Food Unwrapped (S) (HD) **11.05** Hugh's Three Good Things: Best Bites (S) (HD) **11.25 FILM** Comanche Station ★★★★ Western starring Randolph Scott (S) (HD)

12.55pm Time Team (S) (HD) **3.05** A Place in the Sun: Winter Sun: double bill (S) (HD) **5.15** Four in a Bed: five editions (S) (HD)

7.55pm Grand Designs
A project to restore and transform a 100-year-old blacksmiths in Antrim. (S) (HD)

9.00 *New.* Love Child
5/8. Shirley's dream of a new life with Johnny is shattered. Annie gets a job backstage in a singing club. (S) (AD)

Joan Millar	**Jessica Marais**
Dr Patrick McNaughton	**Jonathan LaPaglia**
Johnny Lowry	**Ryan Corr**
Annie Carmichael	**Gracie Gilbert**
Shirley Ryan	**Ella Scott Lynch**

10.00 24 Hours in A&E
A 78-year-old man is rushed in with breathing difficulties. (S) (AD) (HD)

11.05 Eight out of Ten Cats Does Countdown
Phill Jupitus is in Dictionary Corner. (S) (HD)

12.10am Ramsay's Kitchen Nightmares USA (S) **1.10** 24 Hours in A&E (S) (AD) (HD) **2.15** Eight out of Ten Cats Does Countdown (S) (HD) **3.20–3.35am** River Cottage Bites (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **10.00** Access **10.15** Jane Doe: Eye of the Beholder (S) **12 noon** CSI: NY (S) **1.00pm** NCIS (S) (AD) **2.00** Person of Interest **4.00** NCIS (S) (AD) **5.00** CSI: NY: a dead woman is found in a bath (S) **6.00pm** CSI: Miami *15/24 Series 5* (S) (AD) **7.00** NCIS *9&10/19 Series 5* (S) (AD) **9.00 *New.*** Chicago PD *9/23 Series 3.* A woman's head is found in Lake Michigan **10.00** Law & Order: Special Victims Unit *9/24 Series 14* (S) **11.00** Law & Order *19/22 Series 19* (S) **11.55** CSI: NY *15/24 Series 3* (S) (AD)

12.50am CSI: Miami (S) **1.50** CSI: NY (S) (AD) **2.45** Chicago PD **3.30** True Crimes: the First 72 Hours **3.55–4.00am** Access

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.25** That '70s Show (S) **9.10 FILM** Pudsey the Dog: the Movie ★★ (S) **11.00** That '70s Show (S) **12 noon** My Wife and Kids (S) **1.00pm** Dance Moms (S) **1.55** Access **2.00** Celebrity Big Brother **3.00** Neighbours (S) (AD) **3.30** Home and Away (S) (AD) **4.00** 8 Simple Rules (S) **5.00** Celebrity Big Brother **5.55** Access **6.00pm** Neighbours Shown 5.30pm C5 (S) (AD) **6.30 *New.*** Home and Away Rptd Fri 6pm C5 (S) (AD) **7.00** Dance Moms (S) **8.00 *New.*** Sing It On! (S) **9.00 FILM** Grown Ups 2 ★ Comedy with Adam Sandler (S) (AD) **11.00** Sex Pod **12 midnight**: ***New.*** Celebrity Big Brother: Live from the House (S) **1.00am** Celebrity Big Brother: Flirts, Friends and More **2.00** Celebrity Big Brother: Best Bits – Tasks, Twists and Bombshells **3.00** That '70s Show **3.50–4.00am** Access

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p104**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** as 4pm **7.10** Great British Railway Journeys **8.00** The World at War (S) **9.00** Monarchy by David Starkey (S) (AD) **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)

12 noon Great British Railway Journeys **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Great British Railway Journeys

6.00pm The World at War The Story of Germany's plan to invade the Soviet Union. (S)

7.00 Monarchy by David Starkey
An analysis of the English Civil War. (S) (AD)

8.00 'Allo 'Allo! René breaks into the château to photograph secret plans. (S)

8.35 Whatever Happened to the Likely Lads? Two back-to-back episodes. (S)

9.55 Keeping Up Appearances (S)

11.15 'Allo 'Allo! Leclerc and René plot to blow up the safe in Lt Gruber's bedroom. (S)

11.50 Museum Secrets The Uffizi gallery. (S)

12.50am Great British Ghosts (S) **1.20** The World at War (S) **2.20–3.00am** Great British Ghosts (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** Escape to the Country (AD) **11.00** Fantasy Homes by the Sea (AD) **12 noon** as 7pm **1.00pm** Flog It! **2.00** DIY SOS **3.00** as 9pm **4.00** Escape to the Country (AD) **5.00** Fantasy Homes by the Sea (AD) **6.00** Flog It! **7.00** Homes under the Hammer **8.00** DIY SOS **9.00** A Place in the Sun: Home or Away **10.00** Fantasy Homes by the Sea (AD) **11.00** Escape to the Country (AD) **12 midnight** DIY SOS **1.00am** Flog It! **2.00** Homes under the Hammer **3.00–4.00am** A Place in the Sun: Home or Away

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters: Relentless Barracuda **11.00** Eddie Stobart: Trucks and Trailers **12 noon** Police Interceptors **2.00pm FILM** Vera Cruz ★★★★ Western with Gary Cooper **3.55** Access **4.00** Can't Pay? We'll Take It Away! **5.00** Eddie Stobart: Trucks and Trailers **6.00pm** Police Interceptors **8.00** Can't Pay? We'll Take It Away! **10.00** The X-Files *11/20 Series 5.* Mulder and Scully investigate the death of a computer genius **11.00** Wynonna Earp *3/13.* Wynonna helps Agent Dolls trail three wayward revenants **12 midnight RT CHOICE *New.*** Justified *6/13 Series 6* Raylan investigates a murder, while Boyd revisits his mining days as he finds a way to keep tabs on Ava. **See page 97 1.00am** Tattoo Disasters UK **2.00–3.00am** Lip Sync Battle

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12 noon** The Avengers (BW) **1.00pm** McBride: Murder Past Midnight **3.00** Danielle Steel's Message from Nam **5.00** Highway to Heaven **6.00** Touched by an Angel **7.00** M*A*S*H **8.00** The Avengers (BW) **9.00 FILM** Against Her Will: the Carrie Buck Story ★★★ **11.00** The Last Don **1.00–3.00am FILM** Prophet of Evil: the Ervil LeBaron Story ★★

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am The Lost World **9.00** Tales from the Darkside **10.00 FILM** Quatermass and the Pit ★★★ **12 noon** The War of the Worlds **1.00pm FILM** Meteorites! ★ **2.50** Horror Highlights **3.00** The Incredible Hulk **4.00** The Case of the Whitechapel Vampire **5.50** Horror Highlights **6.00** Highlander **7.00** Tales from the Darkside **8.00** The War of the Worlds **9.00 FILM** Inhuman Resources ★★ **10.55 FILM** House on Haunted Hill ★★★

12.50am FILM Mischief Night ★★ Horror thriller **2.35–4.30am FILM** Twixt ★★★ Horror thriller

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am 60-Minute Makeover **7.00** Most Haunted **8.00** 6ixth Sense **9.00** Relic Hunter **10.00** as 8pm **11.00** Stargate SG-1 **12 noon** Border Security: Canada (AD) **1.00pm** as 6am **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare **4.00** Dog Whisperer (AD) **5.00** Monkey Business (AD) **6.00** A Town Called Eureka (AD) **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Shocking Crimes: Murder Book **10.00** Stop, Search, Seize (AD) **11.00** Brit Cops: Rapid Response (AD) **12 midnight** Police Force: Australia (AD) **1.00am** Road Wars **2.00** Most Shocking **3.00** Coastline Cops **4.00** Motorway Patrol **4.30** Highway Patrol **5.00–6.00am** Road Wars

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes under the Hammer **12 noon** DIY SOS (AD) **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00** Homes under the Hammer **7.00** Escape to the Country **8.00 *New.*** The Other Side **9.00** Ghost Adventures (AD) **10.00** Most Haunted **11.00** Cold Justice **12 midnight** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00–6.00am** The Clothes Show: triple bill

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am The Great Rod Race **6.20** Total Fishing (AD) **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** Wheeler Dealers: on the Road **11.00** Fifth Gear **12 noon** James May's Toy Stories **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: a Profile **5.00** World War II: the Complete History **6.00** Born Survivor: Bear Grylls **7.00** Salvage Hunters (AD) **9.00** Fast 'n' Loud **10.00** American Chopper: Senior versus Junior **11.00** Destroyed in Seconds **12 midnight** Forensic Detectives **1.00am** FBI Files (AD) **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00–6.00am** as 7.10am

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase **9.00** Pointless **10.00** Deal or No Deal **11.30** Supermarket Sweep **12 noon** Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase (AD) **2.00** Pointless **3.00** The Chase **4.00** The Chase USA (AD) **5.00** Total Wipeout (AD) **6.00** Robot Wars (AD) **7.00** Pointless **9.00** The Chase **10.00** Who Wants to Be a Millionaire? **11.00** Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars (AD) **5.00–6.00am** Are You Smarter than a Ten Year Old?

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

9.00am JAG **10.00** NCIS **11.00** Star Trek: Deep Space Nine **12 noon** Star Trek **1.00pm** Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00pm** Star Trek: a plague threatens the crew **7.00** MacGyver **8.00** Star Trek: Deep Space Nine: Bajoran politics turn nasty **9.00** NCIS **10.00** Bad Girls: Bev adjusts to life back in Larkhall **10.50** Walker, Texas Ranger **11.50** NCIS

2.35am The Streets of San Francisco **3.30** Walker, Texas Ranger **4.15–6.00am** Flashpoint

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn: Medicine Woman **12 noon** Judge Judy **1.00pm** The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI: Crime Scene Investigation **6.00** Dr Quinn: Medicine Woman **7.00** Heir Hunters **8.00** Judge Judy **10.00** Cheaters **12 midnight** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45–5.00am** The High Chaparral

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

6.35am Welsh Assembly **8.25** BOOKtalk **8.50** Scottish FMQs **9.40** BBC White Paper **11.05** NI Assembly **11.50** Speaker's House **12.30pm** Briefings **2.10** Commons **4.10** Conversations **4.40** Review **5.40** Long Goodbye? **6.10** BOOKtalk **6.30** Scottish Parliament **7.25** Financial Stability **9.50** Welsh FMQs **10.40** Britain and the EU **11.35** Briefings **12.10am** BOOKtalk **12.30** Westminster Hall **2.10** Steel Industry **3.35** Lords **5.35** BOOKtalk **5.50–6.35am** Briefings

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

FILM4, Movie Mix, Movies4Men – see today's film listings on p104

THURSDAY Satellite & cable

Modern Family *10.00pm* Tree huggers: Mitchell and Cam

Band of Brothers *9.00pm* Winters gets a desk job

Chicago Fire *9.00pm* The team receives shocking news

David Beckham into the Unknown *9.00pm* Star trek

Fawlty Towers *9.00pm* Basil has standards to uphold

Sky1

Sky 106 **Virgin** 110 **HD** **Virgin** 109

6.00am Supergirl (S) (HD) **7.00** The Flash (S) (HD) **9.00** Futurama (S) (AD) **10.00** Ninja Warrior Women Tournament (S) **11.00** NCIS: Los Angeles (S) (HD) **12 noon** Hawaii Five-0 (S) (HD) **1.00pm** Supergirl (S) (HD) **2.00** The Flash (S) (HD) **4.00** Modern Family (S) (HD) **5.00** The Simpsons (S) (HD) **5.30** Futurama (S)

6.30pm The Simpsons The family attends a community festival. **7.00** Homer forms a band. **7.30** Homer gets a little too merry on Christmas Eve. (S) (HD)

8.00 Duck Quacks Don't Echo *1/8 Series 3.* Lee Mack hosts the comedy panel game. (S) (AD) (HD)

9.00 ***New.*** **Don't Tell the Bride** **RT** *4/6 Series 12.* A groom plans a funfair-themed wedding day. **See page 96.** (HD)

10.00 Modern Family *9/24 Series 4.* Mitch and Cam campaign to save an old tree. (S) (HD) **10.30** *10/24.* Claire and Cameron build a baseball pitch. (S) (HD)

11.00 Premier League Years Memorable moments from the 2014/15 season. (S) (HD) **1.00am** NCIS: Los Angeles (S) (HD) **2.00** Limitless (S) (AD) (HD) **3.00** Arrow (S) (AD) (HD) **4.00** Road Wars (S) (HD) **5.00–6.00am** Ninja Warrior (S)

Sky1 +1 **Sky** 130

Sky Atlantic

Sky 108

6.00am Richard E Grant's Hotel Secrets (S) (HD) **7.00** The British (S) (HD) **8.00** Cold Case (S) (HD) **10.00** The West Wing (S) (HD) **11.00** House (S) (HD) **12 noon** Without a Trace (S) (HD) **1.00pm** Blue Bloods (S) (AD) (HD) **2.00** The Petrol Age (S) (HD) **3.00** Cold Case (S) (HD) **5.00** The West Wing (S) (HD)

6.00pm House *4/22 Series 1.* A virus spreads through the hospital and infects six babies. (S) (HD)

7.00 Without a Trace *12/23 Series 3.* The team searches for a convict who disappeared during a fight in the prison yard. (S) (HD)

8.00 Blue Bloods *10/22 Series 2* Erin enlists Danny's help to find the killer of an informant. (S) (AD) (HD)

9.00 Band of Brothers *5/10* News arrives of a massive Axis effort in the Ardennes. (S) (HD) **10.10** *6/10.* Frostbite and hunger take their toll. (S) (HD)

11.30 Last Week Tonight with John Oliver A satirical look at news and pop culture. (S) (HD) **12.05am** Vice Principals (S) (HD) **12.40** Ballers (S) (HD) **1.15** The Sopranos (S) (HD) **2.25** Veep: triple bill (S) (HD) **4.00** Richard E Grant's Hotel Secrets (S) (HD) **5.00–6.00am** The British (S) (HD)

Sky Atlantic +1 **Sky** 170

Sky Living

Sky 107 **Virgin** 112 **HD** **Virgin** 111

6.00am UK Border Force (S) (HD) **8.00** Million Dollar Listing NYC (S) (HD) **9.00** Nothing to Declare (S) (HD) **11.00** RSPCA Animal Rescue (S) (AD) **12 noon** The Biggest Loser: Australia (S) (HD) **1.00pm** Million Dollar Listing NYC (S) (HD) **2.00** Criminal Minds (S) (HD) **4.00** UK Border Force (S) (AD) (HD) **5.00** Cooks to Market (HD) **5.15** Nothing to Declare: triple bill (S)

6.45pm ***New.*** **My Kitchen Rules: Australia** People open pop-up restaurants in their homes. (HD)

8.00 Chicago Fire *9/23 Series 4.* A The crew are not happy with Chief Boden's replacement. (HD)

9.00 ***New.*** **Chicago Fire** *10/23 Series 4.* A member of Firehouse 51 falls victim to a near-fatal stabbing, while the other firefighters rescue a woman who attempted to commit suicide. (HD)

10.00 Criminal Minds *15/24 Series 8.* Three young adults are kidnapped and killed. (S) (HD) **11.00** *20/23 Series 10.* A woman and her children are murdered at their dinner table. (S) (HD)

12 midnight Criminal Minds (S) (HD) **2.00am** Bones (S) (AD) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 **Sky** 122 **Virgin** 140

W

Sky 109 **Virgin** 125 **BT** 311 **HD** **Virgin** 191 **BT** 383

6.05am MasterChef Australia: the Professionals (S) (HD) **6.50** Extreme Makeover: Home Edition (S) **8.40** My Dream Home (S) (HD) **9.40** The Bill (S) **10.40** Tipping Point (HD) **12.40pm** ***New.*** Judge Faith (HD) **1.40** Extreme Makeover: Home Edition (S) **3.35** My Dream Home (S) (HD) **5.35** Tipping Point (HD)

6.35pm Extreme Makeover: Home Edition The team builds a new home for a family recovering from the suicide of a relative. (S)

8.20 Celebrity MasterChef The contestants cook a meal for 2010 champion Lisa Faulkner. (S) (HD)

9.00 David Beckham into the Unknown *2/2.* The former footballer journeys through the Amazon rainforest. (HD)

10.00 EastEnders Belinda prepares for the salon opening, and Carmel is given food for thought. Shown 7.30pm BBC1 (S) (AD) (HD)

10.40 Don't Tell the Bride An eccentric groom hopes to give his fiancée a fairy-tale wedding. (S)

11.40 Russell Howard's Good News The comedian's perspective on the news. From May 2013. (S) (HD) **12.40am** EastEnders (S) (AD) (HD) **1.15** Atlantis (HD) **2.50–3.00am** Dynamo: Top Ten Greatest Moments

W +1 **Sky** 213 **Virgin** 131

Gold

Sky 110 **Virgin** 124 **BT** 310

7.00am Outnumbered (S) (AD) **7.30** The Brittas Empire (S) **8.05** My Hero (S) **8.45** Creature Comforts (S) **8.55** Last of the Summer Wine (S) (AD) **10.55** Keeping Up Appearances (S) **12.55pm** Outnumbered (S) (AD) **1.35** The Brittas Empire (S) **2.15** My Hero (S) **2.55** Last of the Summer Wine (S) (AD) **5.00** Only Fools and Horses: Del dabbles in diamonds (S) (AD)

7.00pm Miranda A hotel stay adds excitement to Miranda's life. (S) (AD)

7.40 Only Fools and Horses In a Christmas special from 1986, Rodney dates an aristocrat. (S) (AD)

9.00 Fawlty Towers Basil tries to stop an unmarried couple lowering moral standards. (S) (AD)

9.45 Come Fly with Me FlyLo passengers are delayed on a journey to Malaga when there is a wing malfunction on their flight. (S) (AD)

10.30 Fawlty Towers A rumour that hotel inspectors are in town brings out the worst in Basil. (S) (AD)

11.10 Absolutely Fabulous Patsy and Edina visit New York. (S) (AD) **12.25am** Come Fly with Me (S) (AD) **1.05** The Young Ones (S) **1.50** Cheers (S) **2.20** Bewitched (S) **2.45** Absolutely Fabulous (S) (AD) **3.45–4.00am** Rex the Runt (S)

Gold +1 **Sky** 166 **Virgin** 190

Sky Arts

Sky 121 **Virgin** 122 **HD** **Virgin** 206

6.00am In Conversation (S) (HD) **7.00** First Love (S) (AD) (HD) **8.00** Tales of the Unexpected (S) **9.00** Talks Music (S) (HD) **10.00** Saint-Saëns & Schubert: Bertrand (HD) **11.35** Baim Archive (S) (HD) **12 noon** Painting the Johnsons (S) (HD) **1.00pm** Tales of the Unexpected (S) **2.00** Auction (S) (HD) **3.00** André Rieu: Dreaming (S) (HD) **4.30** Soundstage Presents Joan Baez (HD) **5.45** Last Shop Standing (S) (HD)

6.45pm Queen: the Magic Years Documentary about the rock group's rise to fame. (S)

8.00 ***New.*** **Master of Photography** The contestants are challenged to capture the portrait of actor Michael Madsen. (HD)

9.00 ***New.*** **Discovering: Joan Crawford** A look at the life and career of the actress, who won an Academy Award for her role in the 1945 film *Mildred Pierce*.

10.00 Occupied *4/10.* Hans questions a teenage boy about his anti-Russian blog. In Norwegian and English. (S) (HD)

11.00 Master of Photography The contestants take a portrait of actor Michael Madsen. (HD) **12 midnight** Royalty Close Up (S) (HD) **12.30am** Celebrity Exposed (S) (HD) **1.00** Steve Schapiro: an Eye on American Icons (S) (AD) (HD) **2.00** Ella Fitzgerald: Live in '57 and '63 (S) **3.15** Greenwich Village: Music that Defined a Generation (S) **5.00–6.00am** In Confidence (S) (HD)

Universal

Sky 113 **Virgin** 137 **BT** 320

6.00am CSI: Miami (S) (HD) **7.00** Home Shopping **8.00** CSI: Miami (S) (HD) **10.00** Law & Order (S) (HD) **2.00pm** NCIS: four episodes (S) (HD)

6.00pm NCIS *7/25 Series 6.* A security guard is killed during a bank robbery at a marine base. (S) (HD) **7.00** *8/25.* Gibbs sends DiNozzo and Ziva on a decoy mission to retrieve top-secret information from a secure military base, in a bid to expose a spy in NCIS. (S) (HD)

8.00 Major Crimes *5/23 Series 4* Detective Sykes flouts the rules to protect a young witness following a gangland shooting, while Flynn tries to step up his relationship with Sharon. (S) (HD)

9.00 ***New.*** **Mr Robot** *5/10.* Elliot meets Tyrell, who knows the CTO was framed but has no interest in telling, while the Dark Army no longer seem willing to attack the Chinese back-ups. (S) (HD)

10.00 Law & Order: Special Victims Unit *9/24 Series 12.* A woman claims to have been raped by a fellow student, but the accusation is difficult to prove as there is neither clear evidence nor witnesses. (S) (HD) **11.00** *10/24.* Captain Cragen orders Benson off a case. Guest-starring Maria Bello. (S) (HD) **12 midnight** Law & Order: Special Victims Unit (S) (HD) **2.00am** Mr Robot (S) (HD) **3.00** Numb3rs (S) (AD) (HD) **5.00–6.00am** CSI: Miami (S) (HD)

Universal +1 **Sky** 150 **Virgin** 138

Sky2

Sky 129 **Virgin** 121

6.00am Stop, Search, Seize (AD) **8.00** 60-Minute Makeover **9.00** Ninja Warrior Women Tournament **10.00** Robot Wars Extreme (AD) **11.00** Monkey Life (S) (AD) **12 noon** Harrow: a Very British School (S) (AD) **1.00pm** Robot Wars Extreme (AD) **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter (S) **4.00** Danger Dogs **5.00** Stargate SG-1 (S) **6.00** Relic Hunter (S) **7.00** A Town Called Eureka (S) **8.00** Arrow (S) (AD) **9.00** The Last Ship (S) **10.00** Zoo (S) **11.00** Brit Cops (S) **12 midnight** Ross Kemp: Battle for the Amazon (S) (AD) **1.00am** The Last Ship (S) **2.00** Zoo (S) **3.00** Ninja Warrior Women Tournament **4.00** Robot Wars Extreme (AD) **5.00–6.00am** Andromeda (S)

Syfy

Sky 114 **Virgin** 135 **BT** 319 **HD** **Virgin** 165 **BT** 375

6.00am Buffy the Vampire Slayer **8.00** Home Shopping **11.00** Star Trek: Voyager **12 noon** Star Trek: the Next Generation **2.00pm FILM** Asteroid vs Earth ★ **4.00 FILM** Sleeping Beauty ★★ Fantasy **6.00pm** Star Trek: the Next Generation **8.00** Fact or Faked: Paranormal Files **9.00** ***New.*** Bitten: Santos and his backer plan the assault on Stonehaven Manor **10.00 FILM** Diamond Dogs ★★ Action adventure starring Dolph Lundgren (W) (HD) **12 midnight** Bitten **1.00am** Star Trek: Voyager **2.00** Star Trek: the Next Generation **4.00–6.00am** Quantum Leap

Syfy +1 **Sky** 194 **Virgin** 136

TLC

Sky 125 **Virgin** 167 **BT** 323 **HD** **Virgin** 168 **BT** 377

6.00am Little People, Big World **7.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **11.00** Hoarding: Buried Alive (HD) **12 noon** Extreme Couponing Special: Holiday Hauls (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: the Next Great Baker (AD) (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress: Bridesmaids (HD) **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress Canada (HD) **9.00** My 600lb Life: Where Are They Now? (HD) **10.00** ***New.*** Devious Maids (HD) **11.00** Sex Sent Me to the ER (HD) **12 midnight** as 8pm **1.00am** as 9pm **2.00** as 10pm **3.00** as 12 noon **4.00** as 2pm **5.00–6.00am** as 3pm

TLC +1 **Sky** 154 **Virgin** 169

Lifetime

Sky 156 **Virgin** 208 **BT** 329 **HD** **Virgin** 209 **BT** 384

6.00am Judge Judy (HD) **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12 noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00** ***New.*** Judge Judy (HD) **8.00** Judge Judy (HD) **9.00** ***New.*** Project Runway (HD) **10.00** Child Genius US (HD) **11.00** Little Women: NY (HD) **12 midnight** Neighbours with Benefits (HD) **1.00am** Project Runway (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20–6.00am** Hardcore Pawn (HD)

Lifetime +1 **Sky** 197

Comedy Central

Sky 112 **Virgin** 132 **BT** 307 **HD** **Virgin** 181 **BT** 370

8.00am The Middle (S) (HD) **9.00** That '70s Show (S) **10.00** Bob's Burgers (S) (HD) **11.00** Friends (S) (HD) **2.00pm** Impractical Jokers (S) (HD) **3.00** Friends (S) (HD) **8.00** Impractical Jokers (S) (HD) **9.00 FILM** Fun with Dick and Jane ★★ Comedy starring Jim Carrey and Téa Leoni (HD) **11.00 FILM** A Haunted House ★★★ Horror spoof starring Marlon Wayans (HD) **12.40am** ***New.*** The Daily Show: satirical talk show (HD) **1.05** South Park (S) (HD) **2.00** Russell Howard's Stand Up Central (S) (HD) **2.30** Drunk History (S) (HD) **3.00** Comedy Central at the Comedy Store (S) (HD) **3.50–5.00am** Two and a Half Men (S) (HD)

Comedy Central +1 **Sky** 127 **Virgin** 133

Sony Channel

Sky 157 **Virgin** 193 **BT** 331

7.00am 'Til Death **8.00** Soldier Soldier **10.00** Saving Hope **12 noon FILM** Man of the House ★★ Action comedy starring Tommy Lee Jones **2.05pm** Saving Hope **3.05** Celebrity Ghost Stories: four editions **7.00pm** Saving Hope: Alex and Joel's relationship is tested by a marathon surgery session involving an injured racing driver **8.00** The Night Shift: a suspended TC insists on taking his surgical team to help a man trapped under an elevator **9.00** Ashes to Ashes **11.10** Will & Grace **12.10am** The Night Shift **1.10–4.00am** Celebrity Ghost Stories: triple bill

Sony TV +1 **Sky** 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

The Americans *9.00pm*
Elizabeth versus the FBI

ITV Encore

Sky 123

6.00am Robin of Sherwood **6.55** Always and Everyone **7.50** Upstairs, Downstairs (S) **8.50** The Casebook of Sherlock Holmes (S) (AD) (HD) **9.50** Heartbeat **10.55** The Grand: Marcus uncovers a secret **12.05pm** Peak Practice **1.05** Robin of Sherwood **2.10** Always and Everyone **3.10** Heartbeat **4.20** Upstairs, Downstairs (S) **5.35** The Casebook of Sherlock Holmes (S) (HD)

6.40pm Agatha Christie's Poirot The Adventure of the Clapham Cook. A cook vanishes. (S) (AD) (HD) **7.55 Murder in the Mews.** A body is found in Hastings's garage. (S) (HD)

9.00 *New.* The Americans RT *13/13 Series 4.* Elizabeth and Philip race against the FBI to retrieve a mysterious package. **See page 97.** (S) (AD) (HD)

Elizabeth Jennings	**Keri Russell**
Philip Jennings	**Matthew Rhys**
William Crandall	**Dylan Baker**
Dennis Aderholt	**Brandon J Dirden**
Arkady Zotov	**Lev Gorn**

10.00 Vera *4/4 Series 5.* A dock worker falls to his death. (S) (AD) (HD) **12.05am** Agatha Christie's Poirot (S) (HD) **1.10** Broadchurch (S) (AD) (HD) **2.15** Kingdom (S) (AD) **3.10** Breathless (S) (AD) (HD) **4.00** Upstairs, Downstairs (S) **5.00–6.00am** The Casebook of Sherlock Holmes (S) (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am The Italian Americans **6.55** The Day the 60s Died **7.55** Britain's Lost Routes with Griff Rhys Jones **9.10** The Day the 60s Died **10.25** 1,000 Days of Fear: the Deadly Race at Los Alamos **11.30** B-2 Stealth at War **12.35pm** Time Team America **1.50** Britain's Lost Routes with Griff Rhys Jones **3.10** 1,000 Days of Fear: the Deadly Race at Los Alamos **4.15** B-2 Stealth at War **5.20** Time Team America

6.35pm Britain's Lost Routes with Griff Rhys Jones The actor and five companions follow a pilgrim trail from Holywell, Flintshire, to St Davids in Pembrokeshire.

7.55 Time Team America The archaeology experts explore a village that thrived 1,500 years ago in Cortez, Colorado.

9.00 *New.* Children of Giant RT The story behind the making of the 1956 film *Giant*, starring Elizabeth Taylor, Rock Hudson and James Dean, and how it reflected attitudes to class and racial divides. **See p97.**

10.15 Custer's Last Stand Reappraisal of events surrounding the battle of the Little Bighorn in 1876, which saw Lieutenant Colonel George Armstrong Custer and his troops attack a Sioux village on the Rosebud River.

12.40am Time Team America **1.50** Children of Giant **2.50** The Day the 60s Died **3.50** Britain's Lost Routes with Griff Rhys Jones **5.00–6.00am** The Day the 60s Died

King and Maxwell *9.00pm*
Back to the very beginning

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Diagnosis Murder (S) **8.00** Murdoch Mysteries (S) (HD) **10.00** Sue Thomas: F.B.Eye (S) **11.00** Castle (S) (AD) (HD) **12 noon** Rizzoli & Isles (S) (AD) (HD) **1.00pm** Diagnosis Murder (S) **2.00** Sue Thomas: F.B.Eye (S) **3.00** Murdoch Mysteries (S) (HD) **5.00** Castle (S) (AD) (HD)

6.00pm Rizzoli & Isles *5/15 Series 2.* Maura and Jane investigate the death of a baseball team coach. (S) (AD) (HD)

7.00 Crossing Lines *7/10 Series 1* A bank heist in the Hague traps one of the ICC team members inside with a gang of ruthless killers. (S) (HD)

8.00 Father Brown *10/10 Series 2* A day out at a local hill climb track ends with one driver being killed, and Sullivan is furious that Father Brown is persisting with his personal investigation. (S) (AD) (HD)

9.00 King and Maxwell *1/10.* A lawyer is shot dead, and King learns the victim had recently taken on the case of an alleged serial killer. (HD)

10.00 Lie to Me *5/13 Series 3* Lightman investigates the deaths of six miners. (S) (HD)

11.00 Crossing Lines As 7pm.

12 midnight Perception: a gallery owner dies (S) (AD) (HD) **1.00–3.40am** Ripper Street (S) (AD) (HD)

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Showdown: Air Combat **7.00** More Industrial Revelations **8.00** Battlefield Mysteries **10.00** Battlefield **12 noon** Hitler's Generals **1.00pm** Battlefield Mysteries **3.00** More Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler: Germany's Fatal Attraction

6.00pm Greatest Tank Battles How the US Third Army threatened to breach the German border.

7.00 Treasure Quest The team dives to the wreck of the *Cyrus H McCormick*, and discovers the remains of infamous U-boat *U103*.

8.00 War Digs with Harry Harris Excavating the wreckage of a Stirling bomber that was allegedly brought down by a friendly fire incident during the Second World War.

9.00 Al Murray's Road to Berlin The comedian meets a German tank crew and climbs into the cockpit of one of its machines. **9.30** Al Murray meets Polish survivors of the Eastern Front.

10.00 Nazi UFO Conspiracy Investigating possible connections between UFO sightings and alleged secret flying saucer technologies developed by the Nazis. (AD)

11.00 Hitler's Generals A profile of Field Marshal Erwin Rommel.

12 midnight Battlefield: double bill **2.00am** Treasure Quest **3.00** More Industrial Revelations **4.00–6.00am** Battlefield Mysteries

Discovery History +1 Sky 536 Virgin 263

Neon Joe, Werewolf Hunter *11.00pm* Joe's secret is out

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Law & Order: Criminal Intent (HD) **9.00** Medium (S) (HD) **11.00** The Closer (S) (HD) **1.00pm** NCIS (S) (AD) (HD) **3.00** Medium (S) (HD) **5.00** The Closer (S) (HD)

7.00pm NCIS *21/24 Series 9.* The team tracks an arsonist. (S) (AD) (HD) **8.00** *22/24.* The arsonist is killed by a thermite explosion. (S) (AD) (HD)

9.00 Family Guy *Series 10.* Peter has a spiritual experience. (S) (HD)

9.30 American Dad! *Series 10* Hayley becomes a news intern. (S) (HD)

10.00 Family Guy *Series 13.* Brian and Peter go on a mission to find a new Thanksgiving turkey. (S) (HD)

10.30 American Dad! *Series 12* Steve is recruited by the CIA's nerdy arch-rivals, the NSA. (S) (HD)

11.00 *New.* Neon Joe, Werewolf Hunter *2/5.* Joe's past as an author of erotic novels is revealed.

11.30 Robot Chicken *4/20 Series 8.* The Animaniacs receive some sex education. (HD)

11.45 *New.* Brad Neely's Harg Nallin' Sclopio Peepio Animated comedy sketch show.

12 midnight Family Guy (S) **1.00am** American Dad! (S) (HD) **2.00** Family Guy (S) (HD) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **9.00** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars: Best of (HD) **12 noon** Storage Wars (HD) **1.00pm** Pawn Stars (HD) **3.00** Mountain Men (HD) **5.00** Pawn Stars (HD) **6.00** American Pickers (HD) **7.00** Storage Wars (HD) **8.00** Pawn Stars (HD) **9.00 *New.*** Duck Dynasty: double bill. Willie is challenged to a game of dodgeball, then Alan is put in charge at Duck Commander (HD) **10.00** Pawn Stars (HD) **10.30** Storage Wars (HD) **12 midnight** Duck Dynasty (HD) **1.00am** Pawn Stars (HD) **1.30** Storage Wars (HD) **3.00** Pawn Stars (HD) **4.00–5.00am** American Pickers (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: off the Deep End (HD) **12 noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix **3.00** From Wags to Riches (HD) **4.00 *New.*** Bondi Vet (HD) **5.00** Animal Cops Detroit (AD) **6.00** Flying Wild Alaska (HD) **7.00** Tanked (HD) **8.00** Meet the Orangutans (HD) **9.00** Venom Hunters (HD) **10.00** River Monsters (HD) **11.00** Bondi Vet (HD) **12 midnight** Tanked (HD) **1.00am** Meet the Orangutans (HD) **2.00** Venom Hunters (HD) **3.00** River Monsters (HD) **3.50** Deadliest Catch (HD) **4.40** Whale Wars (HD) **5.30–6.00am** Animal Airport (HD)

Animal Planet +1 Sky 549 Virgin 258

Alaskan Bush People Special *9.00pm* Gave, Bird and Bear

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper (HD) **9.00** Fast 'n' Loud (HD) **11.00** Wheeler Dealers (HD) **1.00pm** Fat 'n' Furious: Rolling Thunder (HD) **2.00** Gold Rush (HD) **3.00** Born Survivor: Bear Grylls (AD) (HD) **4.00** MythBusters (AD) (HD) **5.00** Wheeler Dealers (AD) (HD)

6.00pm Fast 'n' Loud A 1963 Ford Falcon that once belonged to hot rod racer Jim Hadden. (AD) (HD) **7.00** Richard picks up a Boss 429 Mustang. (AD) (HD)

8.00 Misfit Garage With a buyer for the car, Scot gives the crew a two-week deadline. (HD)

9.00 *New.* Alaskan Bush People Special The Browns decide to embark on an adventure beyond Alaska's borders. (HD)

10.00 *New.* Homestead Rescue A failing Colorado homesteader seeks to control her fear of bears and mountain lions. (HD)

11.00 Fast 'n' Loud A 1959 Bonneville needs to be restored. (HD) **12 midnight** Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (AD) (HD) **3.00** Alaskan Bush People Special (HD) **3.50** Homestead Rescue (HD) **4.40–6.00am** How It's Made (HD)

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Nazi Megastructures (HD) **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12 noon** Wicked Tuna (HD) **1.00pm** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00** Air Crash Investigation (HD) **5.00** Car SOS (HD) **6.00** Supercars (HD) **7.00** Air Crash Investigation **8.00** Yukon Gold (HD) **9.00** Lawless Island: Mary takes Amanda on a deer hunt (HD) **10.00** Banged Up Abroad: British backpackers in Panama (HD) **11.00** Air Crash Investigation (HD) **12 midnight** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00** Building America's Super Submarine (HD) **3.00–5.00am** Big, Bigger, Biggest (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am Life in the Undergrowth (S) (AD) **10.00** as 4pm **11.00** as 5pm **12 noon** as 6pm **1.00pm** as 7pm **2.00** Ganges (S) (HD) **3.00** Life in the Undergrowth (S) (AD) **4.00** Uranium: Twisting the Dragon's Tail (HD) **5.00** Wild Colombia with Nigel Marven (S) (AD) (HD) **6.00** Wild Britain with Ray Mears (S) (HD) **7.00** Biggest and Baddest (S) (HD) **8.00** Ganges (S) (HD) **9.00** Life in the Undergrowth (S) (AD) **10.00 *New.*** Uranium: Twisting the Dragon's Tail (HD) **11.00** Extreme Fishing with Robson Green (S) **12 midnight** as 5pm **1.00am** as 6pm **2.00** as 7pm **3.00** Ganges (S) (HD) **3.45** Life in the Undergrowth (S) (AD) **4.30** as 10pm **5.30–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p100

6.00am The WotWots: SpottyWot wants to go underwater **6.10** Chloe's Closet **6.20** Lily's Driftwood Bay **6.30** Fireman Sam **6.40** Peppa Pig: the piglet realises she has a shadow **6.45** Bob the Builder **7.00** Little Princess **7.10** Pip Ahoy! **7.25** Thomas & Friends **7.40** Noddy: Toyland Detective **7.50** Ben and Holly **8.05** Wissper **8.15** Peppa Pig: double bill **8.35** Paw Patrol **8.50** Toot the Tiny Tugboat **9.00–9.15am** Bananas in Pyjamas

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** The Furchester Hotel **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington: Badge Quest **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** Time for School **9.10** Bing **9.25** as 1.25pm **9.30** Teletubbies **9.45** as 1.45pm **10.05** as 2.05pm **10.10** as 2.10pm **10.30** as 2.30pm **10.35** as 2.35pm **10.50** Ruff-Ruff, Tweet and Dave **11.05** as 3.05pm **11.15** as 3.15pm **11.20** as 3.20pm **11.25** Get Squiggling! **11.40** Waybuloo **12 noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Old Jack's Boat **12.45** Melody **1.00** Time for School **1.10** Bing: double bill **1.25** Wussywat the Clumsy Cat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa in My Pocket **4.05** Boj **4.15** What's the Big Idea? **4.20** Kazoops **4.30** Nina and the Neurons **4.45** Peter Rabbit **5.00** Boj Special **5.25** Go Jetters **5.35** Gigglebiz **5.50 *New.*** Nelly & Nora **6.00** Clangers **6.10** Abney & Teal **6.20** In the Night Garden… **6.50–7.00pm** Bedtime Story: read by Shane Richie

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag; Zig and Zag Zogcasts **7.30 *New.*** Blue Peter Bite **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** Newsround **8.25** Diddy TV; Joke Machine **8.45 *New.*** Odd Squad **9.00 *New.*** Hacker Time **9.30 *New.*** Just Kidding **9.50** Help! My Mini School Trip Is Magic **10.00** Airmageddon **10.30** So Awkward **11.55** Matilda and the Ramsay Bunch **12.10pm** Next Step **12.35** Operation Ouch! **1.30** Hacker Time **2.00** Airmageddon **2.30** Wild & Weird **2.45** Officially Amazing **3.00** Odd Squad **3.10** Dennis the Menace **3.20** Sidekick **3.35** Endangered Species **3.45 *New.*** Bottersnikes & Gumbles **4.00** Just Kidding **4.20** Newsround **4.30** RT **CHOICE *New.*** Hank Zipzer **See p96** **5.00** RT **CHOICE *New.*** Blue Peter **See p96** **5.30** Dumping Ground **6.00 *New.*** Olympic Rundown **6.05 *New.*** Bottersnikes & Gumbles **6.20 *New.*** The Deep **6.45 *New.*** Danger Mouse **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** Next Step **8.25–9.00pm** Dumping Ground

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Monsuno **6.20** Signed Stories: Share a Story **6.30** Dino Dan: Trek's Adventures **7.15** Oddbods **7.25** Grizzly Tales **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds **9.25** Oddbods **9.30 *New.*** What's New Scooby-Doo? **10.00** Mr Bean: the Animated Series **11.00** Horrid Henry **12 noon** Nerds & Monsters **12.30pm** Looped **1.00** Mr Bean **2.00** Horrid Henry **3.00** Thunderbirds **3.30** What's New Scooby-Doo? **3.55** My Parents Are Aliens: triple bill of the comedy-drama series **5.05** Fort Boyard Ultimate Challenge **6.00** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds **8.55–9.00pm** Signed Stories: Share a Story

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Her master's voice

The King and I ★★★★ ***Sky Store,*** *4.40am* ***Sky Drama***
Marni Nixon, who has died aged 86, was one of Hollywood's unsung heroines – or perhaps that should be sung. Her voice was used to dub Deborah Kerr in this musical, Natalie Wood in *West Side Story*, Audrey Hepburn in *My Fair Lady* and many others. It was a considerable talent that went unacknowledged for many years. She did occasionally make it in front of the camera, most notably as Sister Sophia in *The Sound of Music*. **TONY PETERS**

Supply and demand

Daybreakers ★★★ *My5* FREE TO VIEW
Humans are the minority in a world populated by vampires in this weird sci-fi/horror. Scientist Ethan Hawke creates a plasma substitute to ensure mankind's survival, although his boss (Sam Neill) is making a fortune out of harvesting blood at inflated prices. A pointed allegory on corporate greed, this clever revitalisation of the genre is an engaging blend of John Carpenter, Bram Stoker and Philip K Dick. **ALAN JONES**

Rent it tonight

Dheepan ★★★
Amazon Prime
A Sri Lankan fighter escapes the horrors of the civil war by teaming up with a woman and child and adopting the identities of a real family in France. The set-up works well, but the final explosion into violence seems too pat in what is otherwise sophisticated storytelling. **DAMON WISE**

FREEVIEW

Film4 (15)

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 **HD Virgin** 429

11.00am The Love Bug ★★★★ Comedy. Dean Jones, David Tomlinson (1969, U) (S) **1.15pm The Tale of the Princess Kaguya** ★★★ Delicate animated fantasy. **Review, p37.** Chloë Grace Moretz, Darren Criss, James Caan (2013, U) (S)

3.55pm Hairspray ★★★★ Irresistible musical comedy about a schoolgirl who dreams of being a dancer on a TV show. John Travolta, Michelle Pfeiffer, Nikki Blonsky (2007, PG) (AD)

6.10 Transformers: Revenge of the Fallen ★★ Overblown sequel to the 2007 hit movie. Shia LaBeouf, Megan Fox (2009, 12) (S) (AD)

9.00 Prisoners ★★★★ Hugh Jackman takes the law into his own hands to find his kidnapped daughter in this unbearably tense crime thriller. Jake Gyllenhaal, Viola Davis, Maria Bello, Terrence Howard (2013, 15) (S) (AD)

12 midnight Whiteout ★★ Crime action thriller. Kate Beckinsale (2009, 15) **2.05–4.00am Vicky Cristina Barcelona** ★★★★ Romantic comedy drama. Rebecca Hall, Scarlett Johansson, Javier Bardem, Penélope Cruz (2008, 12) (S) (AD)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix (32)

Freeview 32

9.00am Killer Bees ★ Action horror. C Thomas Howell (2002) **11.00 The Secret Agent Club** ★ Action comedy. Hulk Hogan (1995, PG) **12.50pm** Movie News **1.00 Summertree** ★★ Drama. Michael Douglas (1971) **2.50 Buck and the Preacher** ★★★ Western. Sidney Poitier, Harry Belafonte (1972, PG) **5.00 The Crossing** ★★★ Imposing historical war drama. Jeff Daniels (2000)

6.55pm Street Fighter ★ Action adventure based on the hit computer game. Jean-Claude Van Damme, Raul Julia, Kylie Minogue, Wen Ming-Na, Damian Chapa (1994, 12)

9.00 Anacondas: the Hunt for the Blood Orchid ★★ There's not enough to set pulses pounding in this belated, bargain-bin sequel to 1997's *Anaconda*. Johnny Messner, KaDee Strickland (2004, 12)

10.55 Renegade Justice ★ Violent and very gory action drama. Steven Seagal, Eddie Griffin, Carmen Serano, Cory Hart, Liezl Carstens (2007, 18)

12.50am Bobby ★★★★ Poignant ensemble drama. William H Macy, Christian Slater, Anthony Hopkins, Sharon Stone (2006, 15) **3.10** Movie News **3.20 Revolution** ★★★ Historical war drama. Al Pacino, Nastassja Kinski, Donald Sutherland, Joan Plowright (1985, 12) **5.50–6.00am** Movie News

Movies4Men (48)

Freeview 48 **Freesat** 304 **Sky** 325

6.00am Farewell My Lovely ★★★★★ *Film noir*. Dick Powell (1944, PG) **7.50 The Las Vegas Story** ★★ Crime drama. Jane Russell (1952) **9.35 Jet Stream** ★★ Disaster thriller. David Chokachi (2013, 12) **11.15 Scorpio One** ★★ Sci-fi thriller. Robert Carradine (1998, 12) **1.05pm Mach 2** ★★ Action drama. Brian Bosworth (2001) **2.55** The Luftwaffe **4.10** Human Torpedoes of WW2

5.15pm The Commandos Strike at Dawn ★★ A fisherman fights Nazi tyranny with a squadron of Brits. Paul Muni, Anna Lee, Lillian Gish, Sir Cedric Hardwicke (1942)

7.20 The Battle of the Damned ★★ Unspectacular war drama that plays like a mix of *Play Dirty* and *Tobruk*. (1969, PG)

9.00 The Commander ★★ Lewis Collins leads a raid on a rogue Thai general's drug operation in this trashily watchable action drama that features Lee Van Cleef in one of his final screen roles. (1988, 15)

11.10pm The Bunker **2.10–4.00am Shadow of the Hawk** ★★ Intriguing supernatural horror. Jan-Michael Vincent (1976)

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 **HD Virgin** 431

6.00am As 10pm **8.00** As 6.15pm **9.45 Sixteen** ★★★ Drama. **Choice, p84.** (2013, 15) **11.15** As 4.35pm **12.50pm** As 8pm **2.50 The Perfect Guy** ★★★ Thriller. **Choice, p64.** Sanaa Lathan (2015, 15) **4.35 The Good Dinosaur** ★★★★ Pixar adventure. **Choice, p54.** (2015, PG)

6.15pm P 4 Minute Mile ★★ Inspirational sporting drama about a former track coach who decides to train a troubled student. Kelly Blatz, Richard Jenkins, Kim Basinger (2014, 15)

8.00 The Man from UNCLE ★★ Frantic makeover for the hit 60s TV show. Henry Cavill, Armie Hammer, Hugh Grant, Elizabeth Debicki (2015, 12)

10.00 Infini ★★ There's more chat than rat-a-tat splat in this sci-fi horror. Daniel MacPherson (2014, 15)

12 midnight Northwest ★★★★ Drama. **Choice, p94.** (2013, 15) **1.45am** The Top Ten Show **2.00** As 2.50pm **3.45** As 9.45am **5.15** The Top Ten Show **5.30** Star Trek Beyond Special

Premiere +1 **Sky** 302 **Virgin** 402

Spies

Sky 304 **Virgin** 404 **BT** 508 **HD Virgin** 434

6.00am The Conversation ★★★★★ Thriller. Gene Hackman (1974, 12) **8.00** As 4.20pm **9.45** As 6.05pm **11.40** The Top Ten Show **11.55** As 8pm **2.20pm** As 10.30pm **4.20 SPYkids 2: the Island of Lost Dreams** ★★★★ Fantasy adventure. Antonio Banderas, Carla Gugino, Steve Buscemi (2002, U)

6.05pm Charlie's Angels ★★ Noisy action adventure based on the old 70s TV show. Cameron Diaz, Drew Barrymore, Lucy Liu, Bill Murra (2000, 15)

8.00 Mission: Impossible – Rogue Nation ★★★★ Sleek, well-oiled action yarn that's a fast and furious delight. Tom Cruise, Jeremy Renner, Simon Pegg (2015, 12)

10.30 Taken 3 ★★ "Extended Harder Cut" of the action threequel. Liam Neeson (2014, 15)

12.30am The Sum of All Fears ★★★ Thriller. Ben Affleck (2002, 12) **2.45 Marathon Man** ★★★★ Thriller. (1976, 15) **4.55** Mad Max: Fury Road Special **5.15** The Top Ten Show **5.30** Ant-Man: Behind the Scenes

Comedy

Sky 308 **Virgin** 408 **BT** 506 **HD Virgin** 438

7.00am Barely Lethal ★★ (2015, 12) **8.45 Calendar Girls** ★★★★ Comedy. (2003, 12) **10.40 Romy and Michele's High School Reunion** ★★★ Comedy. (1997, 15) **12.20pm Team America: World Police** ★★★ (2004, 15) **2.05** As 9.35pm **4.00 Never Been Kissed** ★★★ Comedy. (1999, 12)

5.55pm Hitch ★★★ Will Smith puts his charm to perfect use in this matchmaker comedy. (2005, 12)

8.00 Hot Pursuit ★★ Zany buddy comedy. Reese Witherspoon, Sofia Vergara, Matthew Del Negro (2015, 12)

9.35 Drillbit Taylor ★★★ Likeable comedy. Owen Wilson, Leslie Mann, Nate Hartley, Troy Gentile (2007, 12)

11.25 Cop Out ★★ Bruce Willis and Tracy Morgan lack chemistry in this comedy. Adam Brody (2010, 15)

1.20am Mr Woodcock ★★ Comedy. Billy Bob Thornton, Seann William Scott (2007, 12) **2.55 The War of the Roses** ★★★★ Black comedy. Michael Douglas (1989, 15) **4.55 The Pink Panther** ★★★★ Comedy. David Niven (1963, PG)

Hits

Sky 303 **Virgin** 403 **BT** 504 **HD Virgin** 433

6.00am The Simpsons Movie ★★★★ Animation. (2007, PG) **7.45** The Top Ten Show **8.00** As 9.50pm **10.00 Ice Age: the Meltdown** ★★★ Animation. (2006, U) **11.45 Harry Potter and the Goblet of Fire** ★★★★ Fantasy adventure. (2005, 12) **2.25pm** Ghostbusters: Special

2.55pm Harry Potter and the Order of the Phoenix ★★★★ Dark fantasy. Daniel Radcliffe (2007, 12)

5.25 Harry Potter and the Half-Blood Prince ★★★★ Outstanding fantasy. Daniel Radcliffe, Rupert Grint, Emma Watson, Michael Gambon (2009, 12)

8.00 Focus ★★ Romantic caper. Will Smith, Margot Robbie (2015, 15)

9.50 Pitch Perfect 2 ★★★ Sassy and smartly written comedy sequel. Anna Kendrick (2015, 12)

11.50pm The 40 Year Old Virgin ★★★ Comedy. Steve Carell, Catherine Keener (2005, 15) **1.55am The Drop** ★★★ Crime drama. Tom Hardy, Noomi Rapace (2014, 15) **3.55** Kingsman: The Secret Service Special **4.25** As 6am

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 **HD Virgin** 437

6.00am Clash of the Titans As 7pm **7.55 Wild Wild West** ★★ Western fantasy. Will Smith, Kevin Kline (1999, 12) **9.45 Everest** As 9pm **11.55 Flags of Our Fathers** ★★★ War drama. Ryan Phillippe, Jesse Bradford, Adam Beach (2006, 15) **2.15pm Unbroken** ★★★★ Drama based on a true story. Jack O'Connell (2014, 15)

4.40pm Backdraft ★★★★ Action-packed drama. Kurt Russell, William Baldwin, Robert De Niro (1991, 15)

7.00 Clash of the Titans ★★★ Spectacular adventure. Sam Worthington, Liam Neeson, Ralph Fiennes (2010, 12)

9.00 Everest ★★ Adventure thriller based on a true story. Josh Brolin, Jake Gyllenhaal, Robin Wright (2015, 12)

11.05 The Fast and the Furious: Tokyo Drift ★★★ Entertaining thriller. Lucas Black (2006, 12)

12.50am Behind Enemy Lines ★★ Wartime drama. Owen Wilson (2001, 12) **2.45 The Last Knights** ★★ Period adventure. Clive Owen (2015, 15) **4.55 The Poseidon Adventure** ★★★★ Disaster movie. (1972, PG)

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 **HD Virgin** 439

6.10am Final Analysis ★★ Thriller. Richard Gere (1992, 15) **8.15 Cop Car** As 7.30pm **9.45 Executive Decision** ★★★ Thriller. Kurt Russell (1996, 15) **12 noon Drop Zone** ★★★ Thriller. Wesley Snipes (1994, 15) **1.45pm The Equalizer** As 9pm **4.00 The Forger** ★★ Crime drama. John Travolta (2014, 15)

5.40pm Four Brothers ★★★ Slick, action-packed urban drama. Mark Wahlberg, Tyrese Gibson (2005, 15)

7.30 Cop Car ★★★★ Tense, edgy thriller. Kevin Bacon (2015, 15)

9.00 The Equalizer ★★★ Slick re-imagining of the hit 1980s TV show. Denzel Washington (2014, 15)

11.15 GoodFellas ★★★★★ Brilliant depiction of the brutal reality of the Mafia lifestyle. Robert De Niro, Ray Liotta, Joe Pesci (1990, 18)

1.40am The Forger As 4pm **3.20 Four Brothers** As 5.40pm **5.20 Loss of Faith** ★★ Mystery thriller. John Ritter, Roddy McDowall (1997)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.20am As 4.35pm **8.10** As 2.35pm **10.10** As 6.25pm **11.45 Tinker Bell and the Great Fairy Rescue** ★★★ Animated fantasy adventure. (2010, U) **1.10pm** As 10.10pm **2.35 Cars** ★★★ Animated comedy fantasy. (2006, PG) **4.35 Big Hero 6** ★★★★ Animated action adventure. (2014, PG)

6.25pm Aladdin ★★★★★ Delightful animated adventure. Robin Williams, Scott Weinger, Linda Larkin (1992, U)

8.00 Into the Woods ★★★ Magical fairy-tale musical. Meryl Streep, Johnny Depp, Emily Blunt (2014, PG)

10.10 Alice in Wonderland ★★★ Brash, colourful animated adventure. Kathryn Beaumont (1951, U)

11.30 The Kid ★★★ Sentimental but often perceptive fantasy comedy. Bruce Willis, Spencer Breslin (2000, PG)

1.25am The Black Hole ★★★ Intriguing sci-fi adventure. Maximilian Schell, Anthony Perkins (1979, PG) **3.05 Into the Woods** As 8pm **5.15 Mars Needs Moms** ★★ Animated sci-fi comedy. Seth Green, Joan Cusack (2011, PG)

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.10am Surf's Up ★★★ Animated comedy. Shia LaBeouf (2007, PG) **7.40** As 11.35pm **10.10** As 4.35pm **12 noon** As 6.25pm **1.35pm** As 8pm **3.10 Journey to Dinosaur Island** ★★ Fantasy adventure. Darius Williams (2014, PG) **4.35 Dolphin Tale 2** ★★★ Drama. Harry Connick Jr, Ashley Judd, Morgan Freeman (2014, U)

6.25pm Kermit's Swamp Years ★★★ Lively Muppet prequel. Steve Whitmire, Bill Barretta, Dave Goelz (2002, U)

8.00 Home ★★★ Entertaining animated adventure. Rihanna, Jim Parsons, Steve Martin, Jennifer Lopez (2014, U)

9.45 The Giver ★★ Overfamiliar teen sci-fi tale. Jeff Bridges, Meryl Streep, Brenton Thwaites (2014, 12)

11.35 Chitty Chitty Bang Bang ★★★★ Entertaining and colourful fantasy. Dick Van Dyke (1968, U)

2.10am Surf's Up As 6.10am **3.45 The Giver** As 9.45pm **5.30** Finding Pixar

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

6.00am Ghostbusters: Special **6.30 Anna and the King of Siam** ★★★ Period drama. Irene Dunne (1946, 12) **8.45 Scent of a Woman** ★★★★ Drama. Al Pacino (1992, 15) **11.25 Mamma Mia!** ★★★★ Musical comedy. Meryl Streep (2008, PG) **1.25pm** The Top Ten Show **1.40 Love & Mercy** As 8pm

3.55pm If I Stay ★★ Crass and corny drama. Chloë Grace Moretz (2014, 12)

5.50 The Second Best Exotic Marigold Hotel ★★★★ Irresistible sequel. Judi Dench, Maggie Smith, Bill Nighy, Richard Gere (2015, PG)

8.00 Love & Mercy ★★★ Respectful biopic of Beach Boy Brian Wilson. John Cusack, Paul Dano (2014, 12)

10.15 St Elmo's Fire ★★★ Glossy Brat Pack drama. Emilio Estevez, Rob Lowe, Demi Moore (1985, 15)

12.10am The Judge ★★★ Drama. Robert Downey Jr, Robert Duvall (2014, 15) **2.35 Beyond the Sea** ★★★ Musical drama. Kevin Spacey (2004, 12) **4.40 The King and I** ★★★★ Musical. **Choice, left.** Deborah Kerr, Yul Brynner (1956, U)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.00am Armageddon ★★★ Sci-fi. Bruce Willis (1998, 15) **8.30 Monster Hunter** ★★ Horror. Kevin Durand (2014, 15) **10.10** As 6.20pm **12.15pm** As 11.55pm **2.00** Suicide Squad Special **2.30 Jaws 2** ★★ Adventure. Roy Scheider (1978, PG) **4.30 Jaws III** ★★ Adventure. Dennis Quaid (1983, 12)

6.20pm Self/Less ★★ Dark sci-fi thriller. Matthew Goode (2015, 12)

8.30 Suicide Squad Special

9.00 Watchmen ★★★★ Stylish fantasy thriller set in an alternative 1980s America where outlawed superheroes are forced into action when one of them is murdered. Billy Crudup, Jackie Earle Haley (2009, 18)

11.55 Army of Darkness ★★ Second sequel to *The Evil Dead*. Bruce Campbell, Embeth Davidtz (1993, 15)

1.40am Monster Hunter As 8.30am **3.25** Suicide Squad Special **3.55 Jaws 2** As 3.15pm

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.25am Fur: an Imaginary Portrait of Diane Arbus ★★★ Drama. (2006, 15) **8.30 Partisan** ★★★ Thriller. (2015, 15) **10.10 The Machinist** ★★★ Thriller. (2003, 15) **12 noon Theeb** ★★★ Adventure. (2014, 15) **1.45pm Hell Is for Heroes** ★★★ War drama. Steve McQueen (1962, 15)

3.20pm Sideways ★★★★★ Poignant romantic comedy. Paul Giamatti, Thomas Haden Church (2004, 15)

5.30 Irrational Man ★★ A womanising professor plots a murder in this Woody Allen comedy. Joaquin Phoenix, Emma Stone (2015, 12)

7.10 Interstellar ★★★★ Breathtaking sci-fi epic. Matthew McConaughey, Anne Hathaway, Michael Caine (2014, 12)

10.00 Vanilla Sky ★★ Glossy thriller. Tom Cruise, Penélope Cruz (2001, 15)

12.20am One Flew over the Cuckoo's Nest ★★★★★ Classic, Oscar-winning drama. Jack Nicholson, Louise Fletcher (1975, 18) **2.40 The Machinist** As 10.10am **4.25 Hondo** ★★★ Western. John Wayne (1953, PG)

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

6.10am Kung Fu **8.20 Terror on a Train** ★★ Thriller. (1953, U) **9.40 Canyon River** ★★ Western. (1956, U) **11.15 The Man behind the Gun** ★★ Western. (1953, U) **12.50pm** Kung Fu **3.00 Riding Shotgun** ★★ Western. (1954, U) **4.30 Across the Rio Grande** ★★ Western. (1949)

5.45pm The Marksman ★★ Average B-western. (1953)

7.00 Jeremiah Johnson ★★★ Meditative western adventure. Robert Redford, Will Geer, Stefan Gierasch (1972, PG)

9.00 Jackie Chan's First Strike ★★ Action thriller. Jackie Chan, Chen Chun Wu, Jackson Lou, Bill Tung (1996, 12)

10.40 Mad Max ★★★★★ Highly inventive and very violent futuristic action adventure. Mel Gibson, Joanne Samuel, Hugh Keays-Byrne (1979, 18)

12.30am Lolita ★★★★★ Black comedy drama. James Mason (1961, 15) **3.25** Conspiracy Theory **5.00 Mutiny on the Bounty** ★★★★ Historical adventure. Marlon Brando (1962, 12) **TCM +1** Sky 318 Virgin 417

SPORT Choices

Test Cricket *10.00am* ***Sky Sports 2*** The series between England and Pakistan comes to an end with the Fourth Test, starting today at the Oval. Depending on what happened in the third match, various series results could be possible. The pitch at the Oval can be good for players who keep their bat straight, and England's Joe Root could be eyeing another big score after his 254 and rapid-fire 71 not out in the Old Trafford Test. He was both watchful and remorseless, as the circumstances required. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold (AD) **7.00** Wrestling **8.00** Premier League Legends **8.30** Premier League Years (AD) **10.30** Great Sporting Moments **11.00** Premier League World **11.30** Premier League Legends: Gary Neville
12 noon League Cup Football
1.00pm Football Gold (AD)
1.15 Sky Sports Classics
1.30 Football Gold (AD)
2.00 Premier League Years (AD)
4.00 Sporting Triumphs
5.00 Premier League Preview
6.00 League Cup Football
6.30 Premier League World
7.00 Premier League Match Pack
7.30 LIVE League Cup Football Bristol Rovers v Cardiff City (kick-off **7.45**), a first-round tie at the Memorial Stadium, with a League One side at home to a Championship outfit.
10.00 More than a Game
10.30 Great Sporting Moments
11.00 Premier League Match Pack
11.30 Super League Gold (AD)
11.45 Super League
12 midnight League Cup Football **12.30am** Premier League World **1.00** Premier League Match Pack **1.30** Premier League 100 Club (AD) **2.00** Super League **2.15** Football Gold (AD) **2.45** Super League **3.00** League Cup Football **4.00–6.00am** Premier League Years (AD)

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Cricket's Greatest (AD) **8.00** Cricket Classics: England v Australia (AD) **9.00** Cricket's Greatest (AD)
10.00 LIVE Test Cricket England v Pakistan, day one in the fourth and final Test, at the Oval. The tourists won by four wickets last time the sides met in a Test here, in 2010.
7.00pm LIVE Twenty20 Cricket Coverage of the fourth quarter-final in the T20 Blast competition.
10.45 Sporting Triumphs **11.00** Test Cricket: England v Pakistan
1.00am Cricket's Greatest (AD)
2.00 Test Cricket **4.00–6.00am** The Ashes: England's Best Days (AD)

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

6.00am Classic Premier League
12.30pm Premier League World
1.00 European Football Show
2.00 Little Big Men (AD) **3.00** Australian Rules Football **4.00** Scottish Cup Football **5.30** Sailing **6.00** Angling **7.00** Motor Racing **8.00** German Football **9.30** Of Miracles & Men (AD) **11.00** Motor Racing: ADAC GT Masters
12 midnight LIVE Major League Baseball Boston Red Sox v New York Yankees (start time **12.10am**), American League East action.
3.00am Major League Baseball **3.30** UFC **4.30** Australian Rules Football **5.30–6.00am** Sailing

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Darts Gold (AD) **7.00** Boxing Gold **8.00** Sporting Greats (AD) **9.00** Darts Gold (AD) **10.00** Sporting Heroes (AD) **11.00** Racing News **11.30** Sporting Greats: Muhammad Ali (AD)
12 noon Time of Our Lives (AD)
1.00pm Sporting Heroes (AD)
2.00 Sporting Greats (AD)
3.00 Darts Gold
3.30 Sporting Heroes (AD)
4.30 Motorsport Mundial
5.00 Wrestling WWE Raw.
7.00 Tennis ATP Tour news.
7.30 LIVE Super League Widnes Vikings v Hull FC (kick-off **8.00**), Super 8s match.
10.30 The World Rugby Show
11.00 Wrestling WWE action.
4.00am Sports Unlimited **5.00–6.00am** Watersports

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am PGA Tour Classic **7.00** Wonderful World of Golf (AD) **8.30** Inside the PGA Tour **9.00** Euro Tour Weekly **9.30** Golfing World **10.00** Champions Tour Golf **11.00** EuroPro Tour Golf
1.00pm PGA Tour Classic (AD) **2.00** Wonderful World of Golf (AD) **3.30** Inside the PGA Tour **4.00** Euro Tour Weekly **4.30** Golfing World **5.00** Champions Tour Golf
6.00 LIVE US Senior Open Golf Round one of the US Senior Open at Scioto Country Club in Ohio.
10.00 LIVE US Tour Golf The John Deere Classic, round one at TPC Deere Run in Silvis, Illinois.
1.00am The World Rugby Show **1.30** Fishing **2.00** Tennis **2.30** Racemax **3.00–6.00am** US Tour Golf

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.00am Australian Rules Football **7.00** Angling **8.00** Scottish Football **8.30** Bowls **9.30** Last Week, This Week **10.30** Sailing **11.00** Rugby Union **11.30** Australian Rules Football
12.30pm Champions League Classics **2.00** Last Week, This Week **2.30** Angling **3.30** Sailing **4.00** World Sport **4.30** Rugby Union **5.00** Champions League Classics **6.00** Champions League Football: last season's final **6.30** Last Week, This Week **7.00** French Football **11.30** World Sport
12 midnight UFC **1.00–6.00am** French Football

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Teams (AD) **8.00** Football's Greatest Players (AD) **8.30** Powerboating **9.00** Racemax **9.30** Sports Unlimited **10.30** Watersports **11.30** Football's Greatest Teams (AD)
1.00pm Football's Greatest Players Lionel Messi's career.
1.30 Profile of Andres Iniesta.
2.00 Pele's glittering career. (AD)
2.30 Powerboating
2.55 LIVE Test Cricket West Indies v India, day three in the Third Test at the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia.
10.30 Motorsport Mundial
11.00 Football's Greatest Players Ryan Giggs and Cristiano Ronaldo.
12 midnight Football's Greatest Players **1.00** Twenty20 Cricket **5.00–6.00am** Spanish Football Gold (AD)

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.30am Going for Gold **7.45** Watts **7.55** Going for Gold **8.00** Motor Racing **8.30** Tennis **10.00** Cycling
2.00 LIVE Cycling The Arctic Race of Norway, stage one, a 180.5km journey from Fauske to Rognan.
4.00 Rallycross **5.00** Motor Racing **6.00** Cycling **7.00** Going for Gold **7.15** Eurosport News **7.20** Cycling **8.20** Eurosport News **8.25** Going for Gold **8.30** Cycling **10.30** Eurosport News **10.35** Going for Gold **10.40** Cycling **10.55** Going for Gold **11.00** Triathlon
12 midnight–1.00am Cycling

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

6.00am Tennis: Australian Open **7.30** Motor Racing **8.00** Cycling **9.00** Tour de France **10.00** Sports Insiders **10.30** Snooker
12.30pm Cycling **1.55** Eurosport News **2.00** Tennis: Australian Open **3.00** Tennis: French Open **4.00** Tennis: Davis Cup **5.00** Tennis **6.30** Eurosport News **6.35** Watts **6.45** British Superbikes **9.15** World Superbikes **10.45** Eurosport News **10.50** Motor Racing **11.50** Going for Gold
12 midnight Motorcycling **12.25am** Going for Gold **12.30–7.30am** Eurosport News

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am French Football **10.00** Scottish Cup Football **11.30** Rugby Sevens: Premiership finals day
2.30pm Global Goals **5.30** French Football **6.00** Premier League Football **7.30** Premier League World **8.00** Classic Premier League
2.30am Global Goals **3.30** Motor Racing **4.30** Bowls **5.30–6.00am** Last Week, This Week

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am Pardon the Interruption **6.30** Around the Horn **7.00** Pardon the Interruption **7.30** Around the Horn **8.00** American Football **8.30** Major League Baseball **11.30** Around the Horn
12 noon ESPN FC **12.30pm** Major League Baseball **3.30** Major League Baseball **4.30** ESPN FC
5.00 LIVE Major League Baseball New York Mets v Arizona Diamondbacks (start time **5.10**), National League action.
8.00 Pardon the Interruption
8.30 LIVE Major League Baseball Oakland Athletics v Baltimore Orioles (start time **8.35**).
11.30 Last Week, This Week
12 midnight American Football **12.30am** World Sport **1.00** Australian Rules Football
2.00 LIVE American Football Edmonton Eskimos v Montreal Alouettes (kick-off **2.00**).
5.00–6.00am World Rally

Money Paul Lewis on the costs of going overdrawn Your RT P139

FRIDAY Choices The pick of today's TV

IRISH PUB? Derek McCarthy and his woodland retreat

PICK OF THE DAY

Amazing Spaces Shed of the Year *8.00pm* ***C4***

PROPERTY Sheds that are used as workshops or studios may sound too practical to be anything but dull to the casual observer. That is, until you see Michael's stunning creation built in the style of the Povera art movement or Stephen's potting shed, an imaginative homage to the *Millennium Falcon* from *Star Wars*.

The second category tonight – pub and entertainment – is even more fun (and spawned last year's winner). You can't have missed Chrissy Darling in the opening sequence (he's the one with the chandelier head dress and Union Jack jump suit) and his party palace shed in east London is just as outrageous as his outfit.

But if your leanings are for something more picturesque, take a look at Derek's Irish woodland cabin and pub. A charmingly cosy structure, it looks like it just grew organically out of the earth: something a hobbit would live in – and never want to leave. **JANE RACKHAM**

Coronation Street

7.30pm, 8.30pm ***ITV***

SOAP Relationships are in flux tonight, so here's a quick rundown of who's doing what to whom. Maria is arguing with Luke then sleeping with Aidan. Izzy and Gary are back together, despite him wishing they were apart. Phelan upsets plans to reignite Michael and Gail's romance. And Nick is begging Leanne to give him another chance.

By far the best is the burgeoning friendship between Gemma and Rita. The former has signed up for the Good Neighbour scheme and helps with the latter's shopping. Rita is soon wondering what she's done to warrant such attention, and Gemma admits she's tired of being a no mark. Stick with our Reet, Gemma lass, she'll see you right. **DAVID BROWN**

Gardeners' World

8.30pm ***BBC2***

GARDENING On his Twitter account former MP Chris Mullin describes himself as a (very) amateur gardener. However, a few years ago he moved to a cottage with a walled garden in a remote part of Northumberland and it's clear that he's being (very) modest about his horticultural skills.

Joe Swift checks out how the renovation is going, while National Trust head gardener Alan Power goes to Shakespeare's birthplace and family home to explore the restored sunken knot garden. It's now a riot of colourful plants, culinary herbs and edible flowers. **JR**

SEE P142 Garden

The Out-Laws

9.00pm ***More4***

COMEDY DRAMA "All I see is a burnt-down chalet, a poisoned dog, a dead pensioner and now Wouter's blind bowling buddy," grumbles Veerle after the sisters' latest attempt to kill brother-in-law Jean-Claude failed yet again. But whenever they think they should give up their murderous plan, Jean-Claude does something so vile it strengthens their resolve. Weirdly, I'm beginning to love his awfulness.

In this episode of the Belgian black comedy they go down a more traditional route – making it look as though he's hanged himself in the garage – but their choice of disguise is deliciously surreal. We also learn why the Dewitt brothers can't pay out on this insurance claim. **JR**

The Boys of '36

9.00pm ***PBS America***

DOCUMENTARY Here's a stirring story. As Hitler presided over the 1936 Olympics in Berlin, emblematic of the Nazi stain spreading over Europe, a group of plucky rowers turned up for the men's eights. They were working-class boys from the American North West who'd beaten privileged Ivy League universities to secure their places in Berlin.

As spectators made Nazi salutes and deafeningly pledged allegiance to the Führer, the Americans, after a bad start, powered ahead. It's an irresistible tale of daring to dream and good, honest pluck. And you'll even be able to forgive lumbering explanations such as "Eton, the prestigious secondary school on the Thames river". **ALISON GRAHAM**

X: the Generation That Changed the World

9.00pm ***National Geographic***

DOCUMENTARY When *Star Trek* beamed into our living rooms in the 60s, it showed us an exciting future of "mobile phones", speaking computers, teleportation and space travel. Astonishingly, many of Gene Roddenberry's fantasies came true.

Galloping through decades of technological developments at warp factor nine, this edition takes us from pocket calculators through video games and Walkmans to Apple Macs, the worldwide web and Google.

And all these things were, it seems, created or invented by geeks. "Nowadays, nerds are all the rage," apparently. That bright, shiny *Star Trek* future is here – on a screen. **JR**

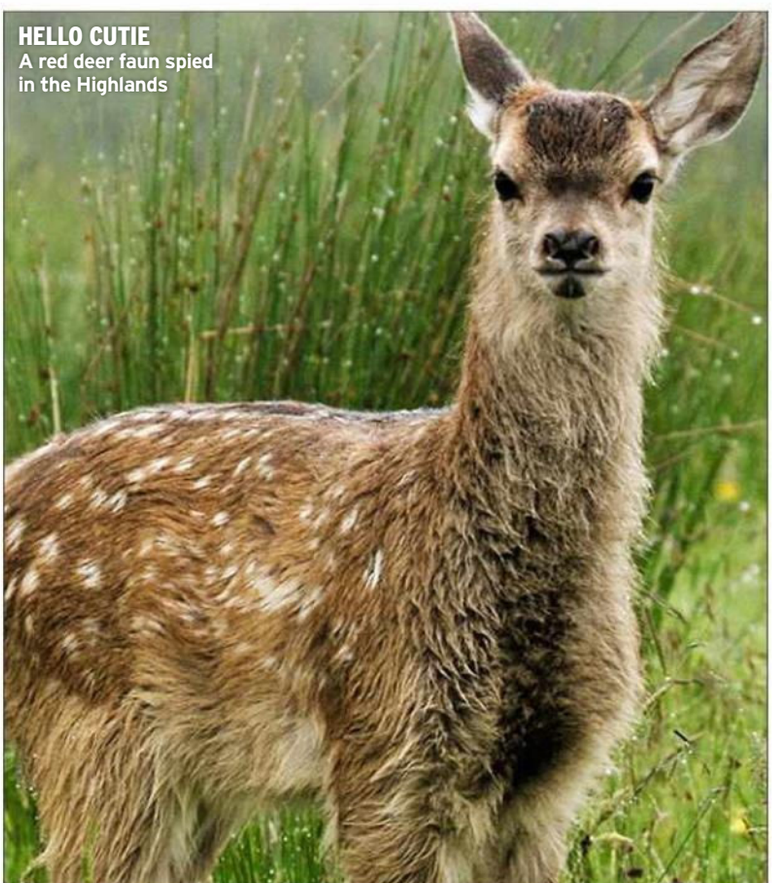
Friday Night Dinner

10.00pm ***C4***

SITCOM Adam (Simon Bird) hasn't just arrived now for the weekly feast: he's been on the sofa for days in his pyjamas, slurping milky drinks and having his every whim met by someone he now alarmingly refers to as "Mummy" (Tamsin Greig).

Jonny (Tom Rosenthal) is even more disturbed by this than he is by Dad (Paul Ritter) reporting that his nipples are "roasting" and must thus remain on display.

Never mind all that, though: who'll win the battle to avoid driving to Grandma's to return her forgotten glasses? Even a by-the-numbers *FND* episode like this progresses smoothly and satisfyingly towards abject humiliation for almost everyone. **JACK SEALE**



HELLO CUTIE
A red deer faun spied in the Highlands

Highlands: Scotland's Wild Heart *9.00pm* ***BBC2***

NATURE There's a perfect Disney moment as fluffy guillemot chicks prepare to launch themselves from cliffs for the first time. But one little fella is too scared. As the others hurtle towards the water, he shrinks back, refusing to take the plunge. Awww, I can hear you cry. A parent flies up to encourage him, but still he'll step only gingerly from ledge to ledge, all the while prey to predators.

There are heart-warming moments in a sumptuous episode, narrated with awe and over-sentimentality by Ewan McGregor – a female otter is a "hardworking single mother". But block your ears to such nonsense and look at the majesty of a golden eagle, and of a deer, all attitude and velvety antlers. **AG** *See page 43*

SEE P144 Travel

DISCOVER TV

Today's best of BBC3, iPlayer, Netflix and beyond

The Get Down

Netflix

Executive produced by Baz Luhrmann, costing millions of dollars per episode and finally arriving today after a long and difficult gestation, this brand-new musical drama explores the birth of hip-hop, the death of disco and the eternal struggle between teen dreamers and uptight parents, in the Bronx of the late 1970s. Parts one to six drop today.

11.22.63

Sky Box Sets/NowTV

A dramatisation of a Stephen King story with an almost irresistible premise: a man (James Franco) goes through a time portal to before JFK was shot, hoping to avert the assassination and create a better 20th century. There are complexities beyond the usual idea of it not being as easy as stopping a single event. If you get bogged down in those, the early-60s period detail is a delight.

Iron Maidens

from 10am BBC3 (iPlayer)

Robot Wars host Angela Scanlon investigates an unbelievable new pastime: full-contact medieval fighting, in costume. Scanlon watches the first international women's tournament. **JS**

HIDDEN GEM

Scott & Bailey

9.00pm ***ITV Encore***

A valedictory fifth series for the Manchester cops as they confront one last serial killer before going their separate ways. Lesley Sharp and Suranne Jones are a fine partnership and the procedural elements all feel thoroughly authentic as the pair enter the murky depths of "the dark web".

FILMS OF THE DAY

■ A Fish Called Wanda *10.40pm* ***ITV***

Riotous British comedy harking back to the Ealing classics, as stuffy barrister John Cleese is led astray by Jamie Lee Curtis's wicked moll, Wanda. It's a lovely, old-fashioned piece, with Michael Palin getting a little too much mileage out of a stutter.

See page 40

■ **Pan** *8.00pm* ***Sky Premiere***
Pan (Levi Miller) meets Blackbeard (Hugh Jackman) in a spectacular all-action prequel.

■ **The Five-Year Engagement**
9.00pm ***E4***
Will Jason Segel and Emily Blunt ever get wed? Who knows, but there are laughs along the way.

CHILDREN'S CHOICE

Matilda and the Ramsay Bunch

5.00pm ***CBBC***

The gang are in London for the last episode of the series, and set about climbing one of the city's landmark buildings – the O_2 Arena – as they reflect on the delicious summer they've had.

■ **Project Mc²** ***Netflix***
The second series kicks off, celebrating empowered, intelligent women and with a range of exciting new missions and experiments.

BEST LIVE SPORT

■ **Championship Football: Brighton & Hove Albion v Nottingham Forest**
7pm (k/o 7.45pm) ***Sky Sports 1***
The Seagulls narrowly missed out on promotion last season.

■ **Cricket: England v Pakistan, Fourth Test, day two** *10.30am* ***SS2;*** *7pm (highlights)* ***C5***

■ **US Senior Open Golf** *6pm* ***SS4***

■ **Super League Rugby, Super 8s: St Helens v Catalans Dragons**
7.30pm (k/o 8pm) ***Sky Sports 2***

FOR FULL OLYMPIC LISTINGS SEE CENTRE PAGES

FRIDAY Main Channels

BBC1

6.00am Olympic Breakfast
With Stephanie McGovern and Naga Munchetty. Replay of last night's action from 9.15am on BBC2, followed by live athletics from 1pm, including the heptathlon 100m hurdles and the men's discus qualifying. (S) (HD)

9.15 Countryside 999
Wardens in Windermere save a sinking boat. (R) (S) (AD) (HD)

10.00 Homes under the Hammer
Properties in Newcastle, Kent and Down. (R) (S) (AD) (HD)

11.00 Wanted Down Under
A mother with ME trials living in Adelaide. (R) (S) (AD) (HD)

11.45 The Housing Enforcers
Properties trashed by their tenants. (Revised rpt) (S) (HD)

12.15pm Bargain Hunt
At the Royal Highland Centre, near Edinburgh. (S) (AD) (HD)

1.00 BBC News **Regional News; Weather** (S) (AD) (HD)

1.45–6.00 Olympics 2016

1.45 Athletics, Rowing and Swimming
On the first day of the athletics competition, Jessica Ennis-Hill bids to defend her Olympic heptathlon title.
In the rowing, Olympic and world champions Helen Glover and Heather Stanning will hopefully be taking to the water for the final of the women's pair.
Athletics
2.05 Women's shot put qualifying
2.10 Men's 800m qualifying
2.50 Heptathlon high jump
3.10 Women's 10,000m final
Commentary by Brendan Foster, Andrew Cotter, Steve Cram and Steve Backley.
Rowing
1.52 Women's lightweight double final
2.04 Men's lightweight double final
2.24 Women's pair final
2.44 Men's four final
Commentary by Garry Herbert and James Cracknell.
Swimming
5.02 Women's 50m freestyle heats
5.40 Men's 1500m freestyle heats
Andy Jameson and Adrian Moorhouse commentate.
From 6pm, BBC2 is showing equestrian and further swimming action, plus updates on the men's 20km walk.

6.00 BBC News **Weather** (S) (HD)

6.30 Regional news magazines (S)

7.00–8.00 Olympics 2016

7.00 Olympics Round-up
Including the equestrian team dressage grand prix, plus shooting and swimming. Coverage of the track cycling, including the men's individual sprint qualifying, on BBC2 from 8pm. (S) (HD)

8.00 EastEnders
Kush is persuaded to attend the Albert's dating night.
Writer Maya Sondhi For cast see Tuesday and Thursday Satellite and cable viewers can watch a repeat at 10pm on W (S) (AD) (HD)

8.30–10.00 Olympics 2016

8.30 Track Cycling
In the velodrome, defending champions Great Britain – led by Bradley Wiggins – will hope to be in action in the team pursuit semi-finals. The final is at 10.20pm on BBC2. In the men's sprint, Team GB's Jason Kenny will be battling to retain his Olympic crown. (S) (HD)
8.52 Men's team pursuit semi-finals
9.17 Women's team sprint semi-finals
9.30 Men's sprint quarter-finals
From 10pm, BBC2 is showing further track cycling action, including the women's team sprint final and the men's team pursuit final.

10.00 BBC News **Regional News; Weather** (S) (HD)
Followed by **National Lottery Update** (S)

10.35–4.00am Olympics 2016

10.35 Track Cycling
Including medal ceremonies for the women's team sprint and men's team pursuit. (S) (HD)

Fencing *10.30pm BBC4* James Davis (left) will have high hopes of a gold medal in the men's team foil final having won the European Championships title, but the opposition will include the current Olympic champions

11.00 Olympics Round-up
With Mark Chapman and Clare Balding. (S) (HD)

12 midnight Athletics
British heptathletes Jessica Ennis-Hill and Katarina Johnson-Thompson renew their rivalry in the shot put of the heptathlon, while fellow Brits Laura Muir and Laura Weightman will be aiming to make their mark in the 1500m qualifying.
Team GB has a trio of hopefuls lining up in the men's 400m heats, with European gold medallist Martyn Rooney leading the charge. Britain's Greg Rutherford will be expected to sail through qualifying in the long jump as he sets out to defend his Olympic title. (S) (HD)
12.30 Women's 1500m, round one
12.35 Heptathlon shot put
12.40 Women's hammer qualifying
1.05 Men's 400m, round one
1.20 Men's long jump qualifying
Commentary comes from Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

2.00am–4.00 Athletics, Swimming and Football
The female sprinters hit the track tonight for the 100m heats, with Asha Philip representing Team GB. Meanwhile Jessica Ennis-Hill and Katarina Johnson-Thompson will be challenging in the heptathlon 200m, hoping for a strong finish to the first day of competition. Plus the women's shot put final.
In the pool, Britain's World Championship bronze medallist Jazz Carlin will try to secure a spot on the 800m freestyle podium. (S) (HD)
Athletics
2.00 Women's shot put final
2.05 Heptathlon 200m
2.40 Women's 100m, round one
Featuring commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.
Swimming
2.03 Women's 200m backstroke final
2.12 Men's 100m butterfly final
2.20 Women's 800m freestyle final
2.44 Men's 50m freestyle final
3.06 Women's 50m freestyle semi-finals
Andy Jameson and Adrian Moorhouse commentate.
Football
2.00 Women's quarter-final

4.00 Weather for the Week Ahead (S) (HD)

4.05–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Volleyball and Golf
The women's preliminary rounds continue in the volleyball arena.
On the Olympic golf course it's round two of the men's individual stroke play. With Ore Oduba. (S) (HD)

1.30 Athletics and Rowing
Coverage of the first day of the athletics programme is shared with BBC1, with Olympic heptathlon champion Jessica Ennis-Hill and Kenyan middle-distance runner David Rudisha both scheduled to compete in the Olympic Stadium this afternoon.
Rowing coverage is also split with BBC1, and there are four gold medals up for grabs during the session: the men's and women's lightweight doubles, the women's pair and the men's four.
Presented by Ore Oduba with Gabby Logan and John Inverdale. (S) (HD)

4.00 Tennis
As the men's singles semi-finals begin, British hopes will be resting on reigning Wimbledon and Olympic champion Andy Murray, who would have been expected to progress smoothly through the preliminary rounds. But long-time rival Novak Djokovic is also likely to be in contention at this crucial stage.
Also out on court this afternoon are the men's doubles finalists – will the Bryan brothers from Team USA be in the running to retain their Olympic crown? Presented by Ore Oduba. (S) (HD)

5.30 Football, Hockey and Swimming
The women's football competition has reached the knockout stage, with eight teams remaining to battle it out for a place in the semi-finals. Team USA will be hoping to defend the title they won four years ago in London.
Presented by Ore Oduba and Dan Walker. (S) (HD)
Football
5.00 Women's quarter-finals
Hockey
5.30 Germany v Netherlands, men's Pool B
Featuring commentary by Matt Chilton, Simon Mason and Mel Clewlow

8.00 Archery, Hockey and Judo
The men's individual archery competition reaches its climax this evening, alongside two judo finals and a preliminary match in the men's hockey tournament, where Great Britain take on Spain in their final Pool A encounter. Presented by Dan Walker. (S) (HD)
Archery
8.00 Men's individual semi-finals
8.44 Men's individual final
Hockey
9.00 Great Britain v Spain, men's Pool A
Matt Chilton, Simon Mason and Mel Clewlow provide the commentary.
Judo
9.20 Men's +100kg and women's +78kg finals

10.30 Fencing and Beach Volleyball
In the fencing arena, European Games gold medallists Great Britain will have high hopes in the men's team foil final. But defending Olympic champions Italy are also likely to be in contention.
There are also beach volleyball last-16 matches from Copacabana Beach. (S) (HD)

12 midnight–2.00am Hockey
Ireland go head to head with Argentina in the men's Pool B match. Presented by Dan Walker, with commentary from Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

2.00am Britain on Film: This Sceptred Isle. *Look at Life*'s coverage of eccentric British traditions, revealing how the programme captured those determined to preserve the nation's more peculiar ways of life. (R) (S)
2.30 Sounds of the Sixties Featuring music from the Alan Price Set, Julie Driscoll and Brian Auger, and Herman's Hermits. (BW) (R) (S)
3.00–4.00am California Comes to the Whistle Test Artists who lived in the US state during the 1970s. (R) (S)

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 163

BBC2

6.00am Paul Martin's Handmade Revolution Paul meets a skilled silversmith. (R) (S) (HD)

6.45 Homes under the Hammer Properties in Cornwall, Yorkshire and London. (R) (S) (HD)

7.45 The Housing Enforcers A musician on the brink of being evicted. Shown Thu 11.45am BBC1 (S) (HD)

8.15–9.15 Sign Zone Eat Well for Less? *3/4.* A mother's baking obsession and love of brands has caused the family's food spending to spiral. (R) (S) (AD)

9.15 Olympics 2016 Highlights Yesterday's action, which included rowing, artistic gymnastics and rugby sevens. (S) (HD)

1.00pm Olympics 2016 The opening programme of live coverage on day seven, featuring men's discus qualifying at **1.30** followed by the heptathlon 100m hurdles. (S) (HD)

1.45 Red Rock Sharon intervenes in an abuse case. David Crowley and Patrick Ryan star. (S) (AD) (HD)

2.30 The Edge Game show. (R) (S) (HD)

3.15 Escape to the Country A couple search for a retirement property in north Wales. (R) (S) (AD) (HD)

4.00 The Great Antiques Map of Britain Tim Wonnacott visits Cambridge. (R) (S) (HD)

4.30 Flog It! From Manchester. (R) (S) (HD)

5.15pm Pointless
Quiz show hosted by Alexander Armstrong.
Series producer John Ryan; Exec producers Pam Cavannagh, Richard Hague, Sue Allison and James Fox (R) (S) (HD)

6.00 Olympics 2016
Live action from the equestrian and swimming competitions, along with updates from the men's 20km walk. (S) (HD)

7.00 Eggheads
Jeremy Vine hosts the quiz show. (S) (HD)

7.30 Mastermind
Specialist subjects are English war poet Wilfred Owen, actor Michael Caine, TV series *Mad Men* and American rock band Faith No More.
Director Derek Hallworth; Producer Mark Helsby (S) (HD)

8.00 Olympics 2016
Action from the Velodrome, as the women's team sprint and men's sprint time-trial qualifiers take place. Cycling coverage continues on BBC1. (S) (HD)

8.30 Gardeners' World
RT Joe Swift heads to Northumberland to visit former MP Chris Mullin, who is now renovating his walled garden. **See page 106.**
Series producer Chloe Rawlings; Exec producer Paolo Proto (S) (HD)
Your RT Gardening: page 142

9.00 Highlands: Scotland's Wild Heart
RT *2/4.* The summer season in the Highlands, when birds and animals raise offspring before the storms of autumn arrive. Narrated by Ewan McGregor. **See page 107.**
Director Nigel Pope; Producers Jackie Savery, Verity White and Simon Williams First shown on BBC1 Scotland (S) (HD)
The Alison Graham column: page 43
Your RT Travel: page 144

10.00 Olympics 2016
Cycling action as the bronze-medal race and final of the women's team sprint get under way from **10.00**, with the men's sprint repechages at **10.08** and men's team pursuit final at **10.20**. Continues on BBC1. (S) (HD)

10.35 Newsnight With Kirsty Wark. (S) (HD)

11.05 Weather (S) (HD)

11.10 Flying Blind ★★★
P Thriller starring Helen McCrory and Najib Oudghiri. Frankie, a lonely aerospace engineer, embarks on a love affair with the much younger Kahil, but her work for the British military and his Algerian heritage attract the attention of the security services. **Review p40.**
Director Katarzyna Klimkiewicz (2012, 15) (S) (W) (HD)

12.40am The Mystery of Van Gogh's Ear **See choice, page 46.** Shown Saturday 9pm (S) (HD) (AD)

1.40–3.40am Sign Zone 1.40 Forces of Nature with Brian Cox *4/4.* Light's interaction with the Earth. (R) (S) (AD) **2.40 Inside the Factory *1/6.*** How corn is prepared to make breakfast cereal. (R) (S) (AD)

Freeview 2 **Freesat** 102 **Sky** 102 **Virgin** 102
HD **BBC2 HD** **Freeview** 102 **Freesat** 102 **Sky** 102 **Virgin** 162

ITV

6.00am Good Morning Britain Olly Murs drops by for a chat about his latest single. (S) (HD)

8.30 Lorraine Guests, gossip and fashion. (S) (HD)

9.25 The Jeremy Kyle Show Bust ups. (R) (S) (HD)

10.30 This Morning Including **Regional Weather** (S) (HD)

12.30pm Loose Women With singer and reality-show personality Jake Quickenden. (S) (HD)

1.30 ITV Lunchtime News Regional News; Weather (S)

2.00 Judge Rinder Real-life cases. (R) (S) (HD)

3.00 Secret Dealers The experts bid on a jewellery collection. (R) (S) (HD) Followed by **Regional Weather** (S)

4.00 Tipping Point Game show. (R) (S) (HD)

5.00pm Cash Trapped
10/10. Quiz fronted by Bradley Walsh. (S) (HD)

6.00 Regional News Weather (S)

6.30 ITV Evening News Weather (S)

7.00 Emmerdale
A fight breaks out between Tracy and Vanessa.
Writer Owen Lloyd-Fox Cast Tuesday/Thursday (S) (AD) (HD)

7.30 Coronation Street
RT Kate accuses Caz of intentionally upsetting her. Continues at 8.30pm. **See page 106.**

Kate Connor	**Faye Brookes**	Gemma Winter	**Dolly-Rose Campbell**
Caz Hammond	**Rhea Bailey**	Izzy Armstrong	**Cherylee Houston**
Maria Connor	**Samia Ghadie**	Gary Windass	**Mikey North**
Aidan Connor	**Shayne Ward**	Mary Taylor	**Patti Clare**
Amy Barlow	**Elle Mulvaney**	Norris Cole	**Malcolm Hebden**
Audrey Roberts	**Sue Nicholls**	Rita Tanner	**Barbara Knox**
Cathy Matthews	**Melanie Hill**	Luke Britton	**Dean Fagan**
Dev Alahan	**Jimmi Harkishin**	Sophie Webster	**Brooke Vincent**
Fiz Stape	**Jennie McAlpine**	Emma Henry	**Roni Ellis**
Freddie Smith	**Derek Griffiths**	PC Gran	**Clifford Barry**
Gail Rodwell	**Helen Worth**	PC Ravinder Rawani	**Jag Sanghera**
Michael Rodwell	**Les Dennis**	Estate agent	**Michelle Abrahams**

Writer Jonathan Harvey More cast Wednesday (S) (AD) (HD)

8.00 Gino's Italian Escape: Islands in the Sun
6/6 Series 3. **Eastern Sicily: an Explosive Finale** In Taormina, Gino D'Acampo learns how to make the sweet treat cannoli, before heading up to the craters of the imposing Mount Etna. Finally, he makes a pilgrimage to Savoca, which doubled for Corleone in the *Godfather* films, where he cooks on the terrace of the world-famous bar.
Series producer Naveed Chowdhary-Flatt
Executive producer Miles Jarvis (R) (S) (HD)

8.30 Coronation Street
RT Maria and Aidan wind up in a passionate encounter. **See page 106.**
Writer Jan McVerry (S) (AD) (HD)

9.00 Doc Martin
6/8 Series 7. **Other People's Children.** Relations between Martin and Louisa come under further strain when her ex-boyfriend Danny attempts to intervene in their troubled relationship.

Dr Martin Ellingham	**Martin Clunes**	Danny	**Tristan Sturrock**
Louisa Ellingham	**Caroline Catz**	Pippa Woodley	**Buffy Davis**
Bert Large	**Ian McNeice**	Jake	**Joe Reynolds**
Ruth Ellingham	**Eileen Atkins**	Harry	**Miles Roughley**
Al Large	**Joe Absolom**	Mala	**Jessica Emily Rose**
Morwenna Newcross	**Jessica Ransom**	Alexandra Lucas	**Kerry Howard**
PC Joe Penhale	**John Marquez**	Jerome Smith	**Daniel Tuite**
Janice	**Robyn Addison**	Tray	**Ellis Griffith**
Dr Rachel Timoney	**Emily Bevan**	Birthday party parent	
Mrs Tishell	**Selina Cadell**		**Christabel Muir**
Clive Tishell	**Malcolm Storry**	Parent	**Kate Rawson**

Writer Julian Unthank; Producer Philippa Braithwaite
Director Ben Gregor (R) (S) (AD) (HD)

10.00 ITV News at Ten
Weather; Regional News and Weather (S)

10.40 A Fish Called Wanda ★★★★★
Award-winning comedy. Respectable British barrister Archie Leach finds his life turned upside down when he falls for beautiful American Wanda Gerschwitz. **Film of the Day: page 40.**

Archie Leach	**John Cleese**	Wendy	**Maria Aitken**
Wanda	**Jamie Lee Curtis**	George	**Tom Georgeson**
Otto	**Kevin Kline**	Mrs Coady	**Patricia Hayes**
Ken	**Michael Palin**	Judge	**Geoffrey Palmer**

Director Charles Crichton (1988, 15) (S) (AD) (W) (HD)

12.45am Jackpot247
3.00 Murder, She Wrote A man searches for the person behind the killing that put him in jail. (R) (S) (SL) (AD) (HD)
3.50–6.00am Nightscreen (HD)

Freeview 3 **Freesat** 103 **Sky** 103 **Virgin** 103
+1 **Freeview** 33 **Freesat** 112 **Sky** 131 **Virgin** 114
HD **ITV HD** **Freeview** 103 **Freesat** 111 **Sky** 178 **Virgin** 113

Channel 4

6.15am 3rd Rock from the Sun (R) (S) (AD)

7.05 Everybody Loves Raymond (R) (S)

8.05 Frasier Triple bill. (R) (S) (AD)

9.35 The Big Bang Theory (R) (S) (AD) (HD)

10.35 The Simpsons Four episodes. (R) (S) (AD) Including **News** at **12 noon** (S) (HD)

12.35pm Come Dine with Me Five soirées from north Surrey. (R) (S) (HD)

3.10 Countdown Charlie Stayt joins Susie Dent in Dictionary Corner. (S) (HD)

4.00 Three in a Bed From Suffolk, Hampshire and the Lake District. (R) (S) (HD)

5.00 Couples Come Dine with Me Featuring light summer dishes. (R) (S) (HD)

6.00pm The Simpsons
The Father, the Son and the Holy Guest Star. Bart and Homer become Catholics. With the voice of Liam Neeson. (R) (S) (AD)

6.30 Hollyoaks
Ste struggles to cope out of rehab.
Writer Roanne Bardsley Cast Tuesday/Thursday
Shown yesterday 7pm E4 Rptd next Monday E4
The next episode follows on E4 (S) (AD) (HD)

7.00 Channel 4 News
Sport; Weather (S) (HD)

8.00 Amazing Spaces Shed of the Year
RT *Ep 3 Series 3.* The attention turns to pubs and entertainment spaces. Among them are an entire Wild West town and a faithful replica of a Polish mountain drinking den. **See page 106.**
Director Ben Warwick; Series producer Jamie Wightman (S) (AD) (HD)

9.00 Eight out of Ten Cats Does Countdown
With guests David Mitchell, Katherine Ryan and the Brett Domino Trio.
Series producer Adam Copeland; Executive producers Richard Osman, Ruth Phillips and Andrew Westwell Repeated 11.05pm 4seven (S) (HD)

10.00 Friday Night Dinner
RT *4/6 Series 4.* **The Pyjamas.** Adam has been staying at his parents' place all week, and with Mum fussing over him, he has started behaving like a little boy again. **See page 107.**

Mum	**Tamsin Greig**
Dad	**Paul Ritter**
Adam	**Simon Bird**
Jonny	**Tom Rosenthal**
Jim	**Mark Heap**

Writer/Producer Robert Popper
Director Martin Dennis (S) (AD) (HD)

10.35 First Dates
Ep 1 Series 7. Looking for love is a female boat builder. **See choice, p77.**
Shown Tuesday 10pm (S) (AD) (HD)

COMEDY OF THE WEEK

11.40 Man Down
5/6 Series 3. **Adopted.** Dan has some shocking news. **See choice, page 87.**
Shown Wednesday 10pm (S) (AD) (HD)

12.05am A Granny's Guide to the Modern World *2/3.* Ninety-one-year-old Helen tries to bag a toy boy. **See choice, page 87.**
Shown Wednesday 10.30pm (S) (AD) (HD)

12.35 Scott Pilgrim vs the World ★★★
Action comedy starring Michael Cera and Mary Elizabeth Winstead.
Director Edgar Wright (2010, 12) (S) (AD) (W) (HD)

2.30 Fresh Meat *1/6 Series 4.* JP has plans for one last big blow-out. (R) (S) (SL) (AD) (HD)
3.20 Phil: Secret Agent Down Under An inner-city apartment in Perth. (R) (S) (AD) (HD)
4.15 Countdown Charlie Stayt guests. (S) (HD)
4.55 Fifteen to One Quiz show. (R) (S) (HD)
5.50–6.15am Draw It! (R) (S) (HD)

Freeview 4 **Freesat** 104 **Sky** 104 **Virgin** 104
+1 **Freeview** 13 **Freesat** 121 **Sky** 135 **Virgin** 143
HD **C4 HD** **F'view** 104 **F'sat** 126 **Sky** 227 **Virgin** 142

Channel 5 listings are overleaf
plus 29 more Freeview channels

Regional variations

LONDON LIVE
F'view 8 **Sky** 117 **Virgin** 159

5.00am London Live Review **6.00** The Chameleons: Live **7.30** Cash in the Attic (R) **8.30** London Live News **10.00** Put Your Money Where Your Mouth Is (R) **11.00** Made in Chelsea: Binky takes Fran under her wing (R) **12 noon** London Go **12.30pm** London Live News: latest reports **2.00** Twelfth Night: an adaptation of William Shakespeare's comedy, starring Alec Guinness and Joan Plowright (R) **4.05 FILM:** 6.5 Special: musical with Josephine Douglas **5.50** BFI London **6.00** London Live News **8.00** The Very Best of Kenneth Williams: highlights from the comic actor's varied career (R) **9.00** Drop the Dead Donkey: triple bill of the comedy starring Neil Pearson (R) **10.30 FILM:** The Big I Am: crime thriller starring Leo Gregory **12.40am FILM:** B Monkey: romantic thriller with Asia Argento **2.45–5.00** Desmond's: four episodes (R)

Friday Television

RT RT Choice
Family viewing
Red button coverage
(R) Repeat
(S) Subtitles
(SL) Signing
(AD) Audio description
(HD) High definition
(W) Film in widescreen
(BW) Black and white

Films P Premiere
Star Ratings
★★★★★ Outstanding
★★★★ Very good
★★★ Worth watching
★★ Could be worse
★ Poor

FRIDAY Freeview

Channel 5 [5]

It's Not Me, It's You *10.00pm* Eamonn Holmes sets the guests challenges

Freeview 5 **Freesat** 105 **Sky** 105 **Virgin** 105
HD **Freeview** 105 **Freesat** 105 **Virgin** 150

6.00am Milkshake! See page 113
9.15 *New.* The Wright Stuff (HD)
11.15 Cowboy Builders A botched extension in Bristol. (S) (HD) **12.10pm News** (S) (HD)
12.15 Celebrity Big Brother Highlights. Shown yesterday 9pm Rptd 2pm/5pm 5 Star (HD)
1.15 Home and Away Shown yesterday 6.30pm on 5 Star Repeated 6pm on C5 (S) (AD) (HD)
1.45 *New.* Neighbours Rptd 5.30pm (S) (AD) (HD)
2.15 NCIS *12/24 Series 10.* When violence strikes close to home, the team unites to seek answers. (S) (HD)
3.15 Against the Wild ★ Adventure with Natasha Henstridge. Zach and his little sister Hannah become stranded in the mountains after the small plane they are travelling in makes an emergency landing. Director Richard Boddington (2013) (S) (HD)
5.00pm 5 News (S) (HD)
5.30 Neighbours Ben assumes that he has been stood up. Shown 1.45pm Repeated 6pm 5 Star (S) (AD) (HD)
6.00 Home and Away Josh incriminates Andy. Shown 1.15pm Next episode 6.30pm 5 Star (S) (AD) (HD)
6.30 5 News Tonight (S) (HD)
7.00 *New.* Test Cricket Day two of the Fourth Test between England and Pakistan at the Oval. (S) (HD) Followed by **5 News Update** (S) (HD)
8.00 The Lost City of the Pharaohs Archaeologists search for a fabled settlement built 3,000 years ago by the pharaoh Ramesses II. Could the largest magnetic ground survey in Egyptology finally reveal its location? Director Simon Chu; Producer Oliver Twinch (S) (HD) Followed by **5 News Update** (S) (HD)
9.00 *New.* Celebrity Big Brother: Live Eviction Emma Willis reveals the identity of the least popular housemate. More 10.30pm. Repeated 3.10am (S) (HD)
10.00 *New.* It's Not Me, It's You *7/8.* Celebrity guests join host Eamonn Holmes and regular team captains Kelly Brook and Vicky Pattison for the panel show about dating and relationships. Series producer Matt Nida; Executive producers Darren Smith and Beren Money (S) (HD)
10.30 *New.* Celebrity Big Brother: Live Eviction Emma Willis chats to the latest evictee. Repeated 4am (S) (HD)
11.05 *New.* Celebrity Big Brother's Bit on the Side Presented by Rylan Clark-Neal. (S) (HD)
12.05am *New.* SuperCasino **3.10** Celebrity Big Brother: the Eviction Shown 9pm/10.30pm (HD) **4.25** Criminals Caught on Camera (S) (SL) (HD) **4.45–5.10am** HouseBusters (S) (SL)

+1 **Freeview** 44 **Freesat** 128 **Sky** 177 **Virgin** 155
My5 **Freeview** 55 **Freesat** 133 **Sky** 175 **Virgin** 152

BBC4 listings are overleaf
BBC3 is now online – for highlights, see **Choices** p107 and **Discover TV** p44

ITV2 [6]

The Matrix Reloaded *9.00pm* Neo (Keanu Reeves) fights to save Zion

F'view 6 **F'sat** 113 **Sky** 118 **Virgin** 115 **HD** **Virgin** 176

6.00am Planet's Funniest Animals (S) **6.20** Dinner Date (S) (HD) **7.10** The Ellen DeGeneres Show (S) (HD) **8.00** Emmerdale (S) (AD) (HD) **9.00** You've Been Framed! Gold (S) **9.30** Psych (S) (HD) **10.20** Royal Pains (S) (HD) **11.15** Dinner Date (S) (HD)
12.15pm Emmerdale Shown yesterday 7/8pm ITV (S) (AD) (HD) **1.15** You've Been Framed! Gold (S) **1.45** The Ellen DeGeneres Show (S) (HD) **2.35** The Jeremy Kyle Show: triple bill (S) (HD) **5.50** Take Me Out (S) (HD)
6.35pm You've Been Framed! Gold Featuring bizarre animal antics and unbelievable marriage proposals. (S)
7.00 Funniest Ever You've Been Framed! Gold Narrated by Harry Hill. (S)
8.00 Two and a Half Men *7/16 Series 8.* Rose tells Charlie and Alan that she is about to get married. (S) (HD) **8.30** *8/16.* Charlie and Alan hope to cheer up Evelyn. (S) (HD)
9.00 The Matrix Reloaded ★★★ Sci-fi action thriller. Understanding the complexities of the Matrix, Morpheus is convinced that Neo is the prophesied messiah, the "One" to lead humankind from its bondage to machines. But Zion, the human citadel, is soon to be attacked.

Thomas A Anderson/Neo	**Keanu Reeves**
Morpheus	**Laurence Fishburne**
Trinity	**Carrie-Anne Moss**
Agent Smith	**Hugo Weaving**
Niobe	**Jada Pinkett Smith**

Directors Larry Wachowski and Andy Wachowski (2002, 15) (S) (AD) (W) (HD)

11.45 Family Guy *Series 9.* Stewie decides to teach Father Christmas a lesson. (S) (AD) (HD)
12.15am Brian and Stewie discover the pressures of the festive season have taken their toll on Father Christmas. (S) (AD) (HD)
12.40 American Dad! (S) (AD) (HD) **1.35** The Cleveland Show (S) (AD) (HD) **2.30** Home Shopping **5.45–6.00am** Nightscreen (HD)

ITV2+1 **Freeview** 27 **Freesat** 114 **Sky** 180 **Virgin** 116

ITV3 [10]

Paul O'Grady: For the Love of Dogs *9.00pm* Lessons in canine etiquette

F'view 10 **F'sat** 115 **Sky** 119 **Virgin** 117 **HD** **Virgin** 177

6.00am Movies Now (HD) **6.10** Doctor in the House (S) **6.35** Heartbeat (S) (SL) **7.35** Where the Heart Is (S) (AD) **8.40** The Royal (S) (AD) **9.40** Judge Judy (S) (HD) **11.00** Murder, She Wrote (S) (AD) (HD)
12 noon Love Your Garden (S) (HD) **1.05pm** Heartbeat (S) **2.05** The Royal (S) (AD) **3.10** Where the Heart Is (S) (AD) **4.15** In Loving Memory (S) **4.50** Rising Damp (S) **5.20** George & Mildred: George becomes jealous
5.55pm Heartbeat Sgt Merton tracks porcelain figures stolen during a crime spree in nearby Whitby. (S)
7.00 Murder, She Wrote A musical star and her daughter begin rehearsing a show produced by her son, but murder is lurking in the wings. (S) (AD) (HD)
8.00 Birds of a Feather *3/8 Series 2.* Dorien is reluctant to confront her past, while Tracey experiences the downside of motherhood. (S) (AD) (HD) **8.30** *4/8.* Sharon and Tracey compete to be pearly queen. (S) (AD) (HD)
9.00 Paul O'Grady: for the Love of Dogs *3/11 Series 3. Tracy Beaker* author Jacqueline Wilson decides to adopt a dog. (S) (HD) **9.30** *6/11.* Seven lucky puppies are welcomed into the world by Paul. (S) (HD)
10.00 A Touch of Frost **House Calls.** DI Jack Frost suspects that a man he arrested years before for assaults on children could have restarted his unsavoury activities. He tracks down the culprit, who swears he has turned over a new leaf, and decides not to charge him – a decision that shocks fellow sleuth DS Maud, whose misgivings are later justified in tragic fashion. (S)
12.15am Inspector Morse (S) (HD) **2.10** Long Lost Family (S) (SL) (HD) **3.00** Rory Bremner's Great British Views (S) (SL) (HD) **4.45** George & Mildred **5.10** Judge Judy (S) (HD) **5.30–6.00am** Nightscreen (HD)

ITV3 +1 **Freeview** 34 **Freesat** 116 **Sky** 193 **Virgin** 174

Drama [20]

Whatever Happened to the Likely Lads? *7.20pm* Bob hits a low point

Freeview 20 **Freesat** 158 **Sky** 158 **Virgin** 128

7.10am The Bill (S) **8.00** Sharpe (S) **10.00** Lovejoy (S) **11.00** The Bill: double bill (S)
1.00pm Last of the Summer Wine (S) **1.40** Brush Strokes **2.20** Birds of a Feather **3.00** Sharpe (S) **5.00** Lovejoy (S)
6.00pm Brush Strokes Eric and Jean decide to move house and Jacko is upset. Veronica accepts Marcello's marriage proposal.
6.40 Last of the Summer Wine Seymour vows that the days of Edie carrying a dustbin are over, and promises to install a waste disposal unit for her. (S)
7.20 Whatever Happened to the Likely Lads? Bob wallows in self-pity, convinced he will never be able to cope without Thelma. (S)
8.00 Cadfael **The Devil's Novice 1/2.** When Cadfael investigates the murder of a wealthy cleric, the finger of suspicion immediately points to a new arrival at the abbey, but as he digs deeper, Cadfael uncovers links to a family with tangled loyalties.
9.00 Judge John Deed *1/6 Series 5.* **Hard-Gating.** A black man is murdered in a jail cell by a confirmed racist – a crime the prison service blames on overcrowding. However, the judge's probing reveals the institution wasn't operating at full capacity. A drink-driving appeal puts the bench at loggerheads, and Jo distances herself from her former lover. (S) (AD)
11.00 Birds of a Feather Tracey is tired of being taken for granted by Sharon, and suggests that they swap jobs for a week.
11.40 The Bill Zain makes a dash for freedom, only to discover that he still can't trust Kristen. (S)
12.40am Lovejoy: Eric becomes involved in a smuggling racket on holiday in Essex (S) **1.40** The Indian Doctor **2.35** Cadfael **3.20–3.55am** Birds of a Feather

Dave [12]

Freeview 12 **Sky** 111 **Virgin** 127 **HD** **Virgin** 194

7.00am The Indestructibles (HD) **7.20** Scrapheap Challenge **8.10** Soapbox Race (HD) **9.00** Lizard Lick Towing (S) (HD) **10.00** American Pickers: the guys find an impressive car (S) (HD) **11.00** Storage Hunters (S) (HD)
12 noon Top Gear (S) (AD) **1.00pm** American Pickers **3.00** World's Most Dangerous Roads (S) (HD) **4.00** Lizard Lick Towing (S) (HD) **5.00** Soapbox Race: from Montreal (HD)
6.00pm Top Gear A rally car goes head to head with a bobsleigh. (S) (AD)
7.00 American Pickers Mike and Frank look for old arcade games during a power cut.
8.00 QI XL With Jo Brand, Marcus Brigstocke and Danny Baker. (S) (HD)
9.00 Would I Lie to You? With guests Gareth Malone, Amanda Abbington, Richard Osman and Phill Jupitus. (S) (HD)
9.40 Mock the Week Milton Jones, Ed Byrne and Ava Vidal take part in the quiz. (S) (HD)
10.20 QI Double bill. (S)
11.40 Would I Lie to You? (S) (HD)
12.20am Mock the Week (S) (HD) **1.00** QI (S) **2.20** Mock the Week (S) **3.00–4.00am** X-Fighters (HD)

Dave Ja Vu **Freeview** 84 **Sky** 214 **Virgin** 211

ITV4 [24]

F'view 24 **F'sat** 117 **Sky** 120 **Virgin** 118 **HD** **Virgin** 178

6.00am Magnum, PI (S) (SL) (HD) **6.50** Gunsmoke (S) (SL) **7.45** The Sweeney (S) **8.45** Ironside **9.50** Quincy (S) (AD) (HD) **10.55** Magnum, PI (S) (HD) **11.55** Gunsmoke (S)
1.00pm Pawn Stars (S) (HD) **2.00** Storage Wars (S) (HD) **2.55** The Sweeney (S) **3.55** Quincy (S) (AD) (HD) **5.00** Ironside
6.00pm Storage Wars Barry buys a safe with unknown contents. (S) (HD)
6.30 Barry has a surprise visitor. (S) (HD)
7.00 Pawn Stars The buyers are impressed by a script for *The Godfather*. (S) (HD)
7.30 An American Civil War musket. (S) (HD)
8.00 TT Blues Heavy fog threatens the last 2016 TT race. Shown Wednesday 10pm (S) (HD)
9.00 FILM Another 48 HRS ★★ Comedy starring Eddie Murphy and Nick Nolte. (S) (W) (HD)
11.00 FILM Space Cowboys ★★★ Space adventure starring Clint Eastwood, Tommy Lee Jones, Donald Sutherland and James Garner. Four ageing ex-pilots are given the opportunity to go into space. (S) (AD) (W) (HD)
1.40 River Monsters (S) (HD) **2.35** Movies Now (HD) **2.40–3.00am** Nightscreen (HD)

ITV4 +1 **Freesat** 155 **Sky** 206 **Virgin** 175

ITVBe [26]

F'view 26 **F'sat** 118 **Sky** 179 **Virgin** 119 **HD** **Virgin** 179

9.00am Be Beautiful (S) (HD) **9.10** The Only Way Is Essex (S) (HD) **10.00** Who's Doing the Dishes? (S) (HD) **11.00** Flipping Out (HD)
12 noon Buying and Selling (HD) **1.00pm** Dinner Date (S) (HD) **2.00** Vanderpump Rules (S) (HD) **3.00** The Real Housewives of New York City (S) **4.00** The Real Housewives of Cheshire: double bill (S) (HD)
6.00pm Dinner Date Londoner Luan chooses three blind dates. (S) (HD)
7.00 Buying and Selling Jonathan and Drew Scott help a widowed father of five. (HD)
8.00 Dinner Date Danny from London dines with three potential suitors. (S) (HD)
9.00 Atlanta Plastic A woman whose weight loss has left her with sagging skin. (HD)
10.00 The Millionaire Matchmaker A man hopes to find a spiritual woman. (S) (HD)
11.00 *New.* Bridezillas A bride-to-be almost comes to blows with the camera crew. (HD)
11.55 The Jeremy Kyle Show USA The host takes his successful talk show stateside. (S)
12.50am Home Shopping **5.55–6.00am** Nightscreen (HD)

ITVBe +1 **Freesat** 119 **Sky** 207 **Virgin** 120

BBC News **Freeview** 130 **Freesat** 212 **Sky** 503 **Virgin** 601 **Sky News** **Freeview** 132 **Freesat** 202 **Sky** 501 **Virgin** 602

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

E4 28

Coach Trip: Road to Ibiza *7.30pm* Brendan heads to Monte Carlo

F'view 28 **F'sat** 122 **Sky** 136 **Virgin** 144 **HD** **Virgin** 145

6.00am Hollyoaks Shown yesterday 6.30pm C4 (S) (AD) (HD) **6.25** Coach Trip: Road to Ibiza Shown yesterday 7.30pm (S) (AD) (HD) **6.50** Melissa & Joey (S) (AD) (HD) **7.10** How I Met Your Mother (S) (AD) (HD) **8.05** Rules of Engagement (S) (HD) **9.00** The Goldbergs (S) (AD) (HD) **10.00** Baby Daddy (S) (HD) **11.00** Charmed (S)

1.00pm How I Met Your Mother (S) (AD) (HD) **2.00** The Big Bang Theory (S) (AD) (HD) **3.00** Baby Daddy (S) (HD) **4.00** Melissa & Joey (S) (HD) **5.00** The Goldbergs (S) (AD) (HD)

6.00pm The Big Bang Theory *12/24 Series 5.* Penny helps Sheldon make amends with Amy. (S) (AD) (HD) **6.30** *13/24.* Leonard and Penny discuss rekindling their relationship. (S) (AD) (HD)

7.00 ***New.*** **Hollyoaks** More drama from the Chester suburb. Cast pp79/99 Repeated next Monday C4 (S) (AD) (HD)

7.30 ***New.*** **Coach Trip: Road to Ibiza** Brendan Sheerin spoils the tourists with a visit to glamorous Monte Carlo. (S) (AD) (HD)

8.00 The Big Bang Theory *18/24 Series 7.* Sheldon receives a nasty surprise when he visits his mother. (S) (AD) (HD) **8.30** *20/24.* Sheldon starts to wonder whether he is wasting his time. (S) (AD) (HD)

9.00 The Five-Year Engagement ★★★★ Romantic comedy starring Jason Segel and Emily Blunt. After a year together Tom proposes to his girlfriend Violet and things look set for them to enjoy an idyllic life together. But when Violet gets the offer of a new job, it won't be too much of a problem to postpone the wedding will it, just for a little while? **Review page 40.** Director Nicholas Stoller (2012, 15) (S) (W) (HD)

11.25 The Big Bang Theory *10&11/17 Series 1.* Double bill. (S) (AD) (HD) **12.25am** Tattoo Fixers on Holiday (S) (AD) (HD) **1.30** Wasted (S) (AD) (HD) **2.00** Gogglebox (S) (HD) **2.55** First Dates (S) (HD) **3.50** Rude Tube (S) (HD) **4.15** Rules of Engagement (S) (HD) **4.55–6.00am** Charmed (S)

E4 +1 **Freeview** 29 **Freesat** 123 **Sky** 137 **Virgin** 146

4seven 47

F'view 47 **F'sat** 127 **Sky** 140 **Virgin** 195 **HD** **F'view** 110

9.00am Come Dine with Me (S) (HD) **11.30** Superfoods: the Real Story (S) (HD)

12 noon The Question Jury (S) (HD) **1.00pm** Ramsay's Kitchen Nightmares USA (S) **2.00** Phil: Secret Agent Down Under (S) (HD) **3.00** Location, Location, Location (S) (HD) **4.00** Couples Come Dine with Me (S) (HD) **5.00** Double Your House for Half the Money (S) (AD) (HD)

6.00pm Phil: Secret Agent Down Under A renovation project in Adelaide. (S) (AD) (HD) **7.00 Come Dine with Me** In Wrexham. (S) (HD) **8.00 The Supervet: Bionic Specials** *1/4 Series 7.* A spaniel with a brain tumour. **See choice, p96.** Shown yesterday 8pm C4 (S) (AD) (HD) **9.00 Britain's Benefit Tenants** *1/3 Series 2* Novice agent Caroline becomes embroiled in a dispute. Shown Wednesday 9pm C4 (S) (AD) (HD) **10.00 Naked Attraction** *Ep 3.* A 28-year-old single mum takes part. (S) (AD) (HD) **11.05 Eight out of Ten Cats Does Countdown** With guests David Mitchell and Katherine Ryan. Shown 9pm Channel 4 (S) (HD)

12.05am 999: What's Your Emergency? (S) (HD) **1.05** Eden (S) (AD) (HD) **2.00** The World's Weirdest Weather (S) (AD) (HD) **2.55** Walking the Himalayas (S) (AD) (HD) **3.50–4.50am** Couples Come Dine with Me (S) (HD)

More4 14

The Out-Laws *9.00pm* The Dewitt brothers get into an argument

F'view 14 **F'sat** 124 **Sky** 138 **Virgin** 147 **HD** **Virgin** 203

8.55am Food Unwrapped (S) (HD) **9.35** A Place in the Sun: Winter Sun (S) (HD) **10.30** River Cottage Bites (S) (HD) **10.55 FILM** Titanic ★★★ Historical disaster drama starring Clifton Webb (BW) (S) (HD)

12.55pm Time Team (S) (HD) **3.05** A Place in the Sun: Winter Sun: double bill (S) (HD) **5.15** Four in a Bed: five editions (S) (HD)

7.55pm Grand Designs An uninspiring 1950s house situated within a park, with a plan to redesign it into a sleek modernist masterpiece. (S) (HD)

9.00 ***New.*** **The Out-Laws** **RT** *5/8.* Mathias seeks comfort from Bekka, and Thomas confronts Goedele. Flemish +subtitles. **See page 106.** (AD) (HD)

Eva Goethals	**Barbara Sarafian**
Veerle Goethals	**Kristine Van Pellicom**
Birgit Goethals	**Ruth Becquart**
Goedele Goethals	**Inge Paulussen**
Rebekka Goethals	**Maaike Neuville**
Thomas Dewitt	**Robbie Cleiren**
Mathias Dewitt	**Geert Van Rampelberg**

10.10 It Was Alright in the 1970s A look back at the decade's TV. (S) (HD)

11.15 24 Hours in A&E Carole, 45, is rushed in after collapsing at home with chest pains. (S) (AD) (HD)

12.20am Ramsay's Kitchen Nightmares USA (S) **1.20** Love Child (S) (AD) **2.20** 24 Hours in A&E (S) (AD) (HD) **3.30–3.40am** Kirstie's Handmade Treasures (S) (HD)

More4 +1 **Freesat** 125 **Sky** 139 **Virgin** 196

5USA 21

Freeview 21 **Freesat** 129 **Sky** 174 **Virgin** 153

9.00am Diagnosis Murder (S) **10.00** Access **10.15 FILM** Teacher's Obsession ★★ Drama starring Mia Rose Frampton (S) **12 noon** CSI: NY (S) **1.00pm** NCIS (S) (AD) **2.00** Person of Interest **4.00** NCIS (S) (AD) **5.00** CSI: NY (S) **6.00pm** CSI: Miami *18/24 Series 5* (S) (AD) **7.00** NCIS *11&12/19 Series 5* (S) (AD) **9.00** ***New.*** Rookie Blue *10/13 Series 2.* Andy tries to track down an armed robber First shown on Universal **10.00** Law & Order: Special Victims Unit *4/22 Series 10* (S) **11.00** CSI: NY *20/24 Series 3* (S) (AD) **11.55** CSI: Miami *1&15/24 Series 5* (S) (AD) **1.50am** CSI: NY (S) (AD) **2.45** CSI: Crime Scene Investigation (S) (AD) **3.30** True Crimes: the First 72 Hours (S) **3.55–4.00am** Access

5USA +1 **F'view** 78 (Mon-Fri 6pm-5am) **F'sat** 130 **Sky** 219 **Virgin** 154

5 Star 30

Freeview 30 **Freesat** 131 **Sky** 176 **Virgin** 151

8.00am Strip Date (S) **8.20** That '70s Show (S) **9.05 FILM** Cheaper by the Dozen 2 ★★ (S) **11.00** That '70s Show (S) **12 noon** My Wife and Kids (S) **1.00pm** Dance Moms (S) **1.55** Access **2.00** Celebrity Big Brother (S) **3.00** Neighbours (S) (AD) **3.30** Home and Away (S) (AD) **4.00** 8 Simple Rules (S) **5.00** Celebrity Big Brother (S) **5.55** Access **6.00pm** Neighbours Shown 5.30pm C5 (S) (AD) **6.30** ***New.*** Home and Away Repeated Monday C5 (S) (AD) **7.00** Dance Moms (S) **8.00** Can't Pay? We'll Take It Away! (S) **9.00 FILM** Parker ★★★ Crime thriller. **Review page 40** (S) **11.25** Lip Sync Battle **12 midnight** ***New.*** Celebrity Big Brother: Live from the House (S) **1.00am** Celebrity Big Brother: Heroes and Villains (S) **2.00** Benefits by the Sea: Jaywick (S) **3.00** Now That's Funny! (S) **3.50–4.00am** Access

5 Star +1 **Sky** 190 **Freesat** 132

Film4, Movie Mix, Movies4Men are now listed on our daily **Films pages** – see **p114**

Yesterday 19

Freeview 19 **Freesat** 159 **Sky** 537 **Virgin** 245

6.00am Great British Ghosts (S) **6.25** Impossible Engineering (S) (AD) **7.10** Great British Railway Journeys: double bill **8.00** The World at War (S) **9.00** Monarchy by David Starkey (S) (AD) **10.00** Museum Secrets (S) **11.00** Impossible Engineering (S) (AD)

12 noon Great British Railway Journeys **1.00pm** The World at War (S) **2.00** Monarchy by David Starkey (S) (AD) **3.00** Museum Secrets (S) **4.00** Impossible Engineering (S) (AD) **5.00** Great British Railway Journeys

6.00pm The World at War The Blitz brings demands for revenge strikes. (S) **7.00 Monarchy by David Starkey** Examining the reign of Charles II. (S) (AD) **8.00 'Allo 'Allo!** Leclerc and René plot to blow up Lt Gruber's safe. (S) **8.35 Keeping Up Appearances** Hyacinth plans to show off her singing talents. (S) **9.15** Hyacinth is thrilled to be invited on a golfing weekend organised by the Major. (S) **9.55 Jeeves and Wooster** Double bill. (S) **12.10am** Sounds of the Seventies **1.10** Museum Secrets (S) **2.10–3.00am** The World at War (S)

Yesterday +1 **Sky** 538 **Virgin** 246

Home 25

Freeview 25 **Sky** 196 **Virgin** 281 **BT** 314

7.00am Homes under the Hammer **8.00** Flog It! **9.00** DIY SOS **10.00** as 4pm **11.00** as 5pm **12 noon** as 7pm **1.00pm** Flog It! **2.00** DIY SOS **3.00** A Place in the Sun: Home or Away **4.00** Escape to the Country (AD) **5.00** Fantasy Homes by the Sea (AD) **6.00pm** Flog It! **7.00** Homes under the Hammer **8.00** DIY SOS **9.00** A Place in the Sun: Home or Away **10.00** as 5pm **11.00** as 4pm **12 midnight** DIY SOS **1.00am** Flog It! **2.00** Homes under the Hammer **3.00–4.00am** as 3pm

Home +1 **Sky** 244 **Virgin** 282

Spike 31

Freeview 31 **Freesat** 141 **Sky** 160

9.00am Access **9.05** Bar Rescue **10.00** Chasing Monsters **11.00** Eddie Stobart: Trucks and Trailers **12 noon** Police Interceptors **2.00pm FILM** The Battle at Apache Pass ★★★ **3.45** Access **4.00** Car Thieves & Thugs: Caught on Camera **5.00** Eddie Stobart: Trucks and Trailers **6.00pm** Police Interceptors **9.00** ***New.*** Wynonna Earp *4/13.* A blade-wielding apparition begins haunting Wynonna, and the Doc identifies him as Purgatory's murderous barber **10.00** The X-Files *12/20 Series 5.* Mulder kills a teenage boy he thought was a vampire, leaving the FBI facing a multimillion-dollar lawsuit **11.00 FILM** Gran Torino ★★★ Drama starring Clint Eastwood. **Review page 40** **1.20am** Sons of Anarchy **2.45–3.00am** Access

True Entertainment 61

Freeview 61 (not Wales) **Freesat** 142 **Sky** 184 **Virgin** 189

6.00am The Waltons **7.00** Little House on the Prairie **8.00** The Waltons **10.00** Touched by an Angel **11.00** Little House on the Prairie **12 noon** The Avengers (BW) **1.00pm** McBride: The Chameleon Murder **3.00 FILM** Danielle Steel's A Perfect Stranger ★★ **5.00** Highway to Heaven **6.00** Touched by an Angel **7.00** M*A*S*H **8.00** The Avengers (BW) **9.00 FILM** Before He Wakes ★★ **11.00** The Last Don **1.00–3.00am FILM** Murder among Friends ★★

Horror Channel 70

Freeview 70 **Freesat** 138 **Sky** 319 **Virgin** 149

8.00am Highlander **9.00** Tales from the Darkside **10.00** The Case of the Whitechapel Vampire **11.50** Horror Highlights **12 noon** The War of the Worlds **1.00pm FILM** At the Earth's Core ★★ **2.50** Horror Highlights **3.00** The Incredible Hulk **4.00 FILM** Stonehenge Apocalypse ★ **5.50** Horror Highlights **6.00** Highlander **7.00** Tales from the Darkside **8.00** The War of the Worlds **9.00 FILM** Outlander ★★ **11.20 FILM** Splinter ★★★ **12.55am FILM** Open Graves ★★ **2.45–4.30am FILM** Curse of the Crimson Altar ★★

Pick 11

Freeview 11 **Freesat** 144 **Sky** 152 **Virgin** 123

6.00am 60-Minute Makeover **7.00** Most Haunted **8.00** 6ixth Sense **9.00** Relic Hunter **10.00** as 8pm **11.00** Stargate SG-1 **12 noon** Border Security: Canada's Front Line **1.00pm** 60-Minute Makeover **2.00** Motorway Patrol **2.30** Highway Patrol **3.00** Nothing to Declare (AD) **4.00** The Dog Whisperer (AD) **5.00** Monkey Business **6.00** A Town Called Eureka (AD) **7.00** Stargate SG-1 **8.00** Andromeda **9.00** Police Force: Australia (AD) **10.00** Police 10/7 **11.00** Brit Cops: Rapid Response (AD) **12 midnight** as 9pm **1.00am** Road Wars **2.00** Most Shocking **3.00** Police 10/7 **4.00** Motorway Patrol **4.30** Highway Patrol **5.00–6.00am** Road Wars

Pick +1 **Freesat** 145 **Sky** 153

Really 17

Freeview 17 **Freesat** 160 **Sky** 155 **Virgin** 129

6.00am Spa of Embarrassing Illnesses **7.00** Home Shopping **8.00** Antiques Road Trip **9.00** Escape to the Country **10.00** The Sheriffs Are Coming **11.00** Homes under the Hammer **12 noon** DIY SOS (AD) **1.00pm** Bargain Hunt **2.00** Escape to the Country **3.00** Antiques Road Trip **4.00** The Sheriffs Are Coming **5.00** Bargain Hunt **6.00pm** Homes under the Hammer **7.00** Escape to the Country **9.00** Traffic Cops **11.00** Cold Justice **12 midnight** The Sheriffs Are Coming **1.00am** Paranormal Witness **2.00** Home Shopping **4.00–6.00am** The Clothes Show

Quest 37

Freeview 37 **Sky** 144 **Virgin** 172

6.00am Great Rod Race **6.20** Total Fishing (AD) **7.10** Scrapheap Challenge **8.00** How It's Made **10.00** Wheeler Dealers: on the Road **11.00** Fifth Gear **12 noon** Fast 'n' Loud **1.00pm** Mighty Ships **2.00** Wheeler Dealers **3.00** Chasing Classic Cars **4.00** Hitler: a Profile **5.00** World War II: the Complete History **6.00** Born Survivor **7.00** Salvage Hunters (AD) **9.00** I Am Steve McQueen **10.30** Auction Hunters (AD) **11.00** Destroyed in Seconds **12 midnight** Forensic Detectives **1.00am** FBI Files (AD) **2.00** Disappeared **3.00** M*A*S*H **4.00** Put Your Money Where Your Mouth Is **5.00–6.00am** Scrapheap Challenge

Quest +1 **Freeview** 38 **Sky** 195 **Virgin** 173

Challenge 46

Freeview 46 **Freesat** 146 **Sky** 145 **Virgin** 139

6.00am Deal or No Deal **7.30** Fifteen to One **8.00** Catchphrase (AD) **9.00** Pointless **10.00** Deal or No Deal **11.30** Supermarket Sweep **12 noon** Bruce's Price Is Right **12.30pm** Strike It Lucky **1.00** Catchphrase (AD) **2.00** Pointless **3.00** The Chase **4.00** The Chase USA (AD) **5.00** Total Wipeout (AD) **6.00pm** Robot Wars **7.00** Pointless: with Alexander Armstrong **9.00** The Chase **10.00** Who Wants to Be a Millionaire? **11.00** Bullseye **1.00am** Pointless **3.00** The Chase **4.00** Robot Wars **5.00–6.00am** Are You Smarter than a Ten Year Old? (AD)

Challenge +1 **Freesat** 147 **Sky** 164 **Virgin** 180

CBS Action 64

Freeview 64 **Freesat** 137 **Sky** 148 **Virgin** 192

9.00am JAG **10.00** NCIS **11.00** Star Trek: Deep Space Nine **12 noon** Star Trek **1.00pm** Bonanza **2.00** NCIS **4.00** Walker, Texas Ranger **5.00** JAG **6.00pm** Star Trek **7.00** MacGyver **8.00** Star Trek: Deep Space Nine **9.00** NCIS: the agents investigate an organisation dedicated to child prodigies **10.00** Bad Girls: police investigate Jim Fenner's murder **10.50** Walker, Texas Ranger **11.45** NCIS **2.30am** The Streets of San Francisco **3.30** Walker, Texas Ranger **4.15–6.00am** Flashpoint

CBS Drama 71

Freeview 71 (HD only) **Freesat** 134 **Sky** 149 **Virgin** 197

9.00am The High Chaparral **10.00** Matlock **11.00** Dr Quinn **12 noon** Judge Judy **1.00pm** The Streets of San Francisco **2.00** The High Chaparral **3.00** Matlock **4.00** Judge Judy **5.00** CSI: Crime Scene Investigation **6.00** Dr Quinn **7.00** Heir Hunters **8.00** Judge Judy **10.00** Cheaters **12 midnight** Jerry Springer **12.55am** World's Wildest Police Videos **1.55** Heir Hunters **2.55** Cops: Reloaded **3.45–5.00am** The High Chaparral

BBC Parliament 131

Freeview 131 **Freesat** 201 **Sky** 504 **Virgin** 605

6.35am Rail **7.50** Lord Kinnock **8.35** Ireland: 1916 **9.25** BOOKtalk **9.45** Trident **11.45** Ireland: 1916 **12.30pm** Briefings **1.50** English Laws **3.30** Briefings **4.00** Speaker's House **4.50** Briefings **5.30** Review **6.30** PMQs **7.10** EU **8.30** BOOKtalk **8.50** Speaker's House **9.35** Vauxhall Zafira B Fires **10.55** Welsh Assembly **12.45am** BOOKtalk **1.10** Scottish FMQs **2.00** BBC **3.25** NI Assembly **4.10** as 4pm **4.50–6.30am** Briefings

Travel Magnificent marine life in the Highlands Your RT P144

FRIDAY Satellite & cable

A League of Their Own: Unseen *9.00pm* James Corden

Homegrown *9.00pm* Nader Hasan, brother of a terrorist

Unforgettable *9.00pm* Storm warnings for Carrie and Al

The Bucket List *10.40pm* A ride with Jack Nicholson

Only Fools and Horses *5.40pm* Rodney and Del aim high

Sky1

Sky 106 Virgin 110 HD Virgin 109

6.00am Supergirl (S) (HD) **7.00** The Flash (S) (HD) **9.00** Futurama (S) **10.00** Ninja Warrior Women Tournament (S) **11.00** NCIS: Los Angeles (S) (HD) **12 noon** Hawaii Five-0 (S) (HD) **1.00pm** Supergirl (S) (HD) **2.00** The Flash (S) (HD) **4.00** Modern Family (S) (HD) **5.00** The Simpsons (S) (HD) **5.30** Futurama (S) (HD)

6.30 The Simpsons Homer is hypnotised into thinking he is a ten-year-old boy.
7.00 A billionaire entrepreneur and inventor comes to town.
7.30 Bart and Lisa try to find a town anthem for Springfield. (S) (HD)

8.00 Modern Family *11/24* *Series 4.* The family visit Palm Springs to celebrate the new year. (S) (HD)
8.30 *12/24.* Gloria tries to throw Manny a surprise party. (S) (HD)

9.00 A League of Their Own: Unseen James Corden presents out-takes from the quiz. (S) (AD) (HD)

10.00 Premier League Years Classic games, infamous blunders and moments of skill from the 2015/16 season. (HD)

12 midnight The Last Ship (S) (HD) **1.00am** Zoo (S) (HD) **2.00** NCIS: Los Angeles (S) (HD) **3.00** Arrow (S) (AD) (HD) **4.00** Road Wars (S) (HD) **5.00–6.00am** Ninja Warrior (S)

Sky1 +1 Sky 130

Sky Atlantic

Sky 108

6.00am Richard E Grant's Hotel Secrets (S) (HD) **7.00** The British (S) (HD) **8.00** Cold Case (S) (HD) **10.00** The West Wing (S) (HD) **11.00** House (S) (HD) **12 noon** Without a Trace (S) (HD) **1.00pm** Blue Bloods (S) (AD) (HD) **2.00** The Petrol Age (S) (HD) **3.00** Cold Case (S) (AD) (HD) **5.00** The West Wing (S) (HD)

6.00pm House *5/22* *Series 1* House jeopardises a nun's life. (S) (HD)

7.00 Without a Trace *13/23* *Series 3.* An autistic boy disappears during a field trip to a museum in Manhattan. (S) (HD)

8.00 Blue Bloods *11/22* *Series 2* An officer is suspected after a shooting at a diner. (S) (AD) (HD)

9.00 Homegrown: the Counter-Terror Dilemma Documentary focusing on America's counter-terrorism machine. (S) (HD)

10.40 Oz *1/8* *Series 2.* A committee is appointed to investigate the riot that killed six inmates. (HD)
11.55 *2/8.* Inmates are helped to get further education and a council is set up to help keep order. (HD)

1.15am The Sopranos (S) (HD) **2.15** Veep (S) (AD) (HD) **3.25** Without a Trace (S) (HD) **4.20** Richard E Grant's Hotel Secrets (S) (HD) **5.10–6.00am** The British (S) (HD)

Sky Atlantic +1 Sky 170

Sky Living

Sky 107 Virgin 112 HD Virgin 111

6.00am UK Border Force (S) (HD) **8.00** Million Dollar Listing NYC (S) (HD) **9.00** Nothing to Declare (S) (HD) **11.00** RSPCA Animal Rescue (S) (AD) **12 noon** The Biggest Loser: Australia (S) (HD) **1.00pm** Million Dollar Listing NYC (S) (HD) **2.00** Criminal Minds (S) (HD) **4.00** UK Border Force (S) (AD) (HD) **5.00** Cooks to Market (HD) **5.15** Nothing to Declare (S)

6.45pm ***New.*** **My Kitchen Rules: Australia** Contestants create pop-up restaurants. (S) (HD)

8.00 Criminal Minds *18/24* *Series 8.* Morgan suspects the man who abused him as a child is connected to three murders. (S) (HD)

9.00 ***New.*** **Unforgettable** *9/13* *Series 4.* Carrie and Al seek refuge from a hurricane in a run-down precinct house. (HD)

10.00 Stalker *9/20.* A psychiatrist believes he is being followed. (S) (HD)

11.00 Criminal Minds *19/24* *Series 8.* The team fly to Colorado and find a rotting skull which was buried inside a time capsule 25 years ago. (S) (HD)

12 midnight Hannibal (S) (AD) (HD) **2.00am** Bones: double bill (S) (AD) (HD) **4.00–6.00am** Border Security: Canada's Front Line (S) (AD) (HD)

Sky Living +1 Sky 122 Virgin 140

W

Sky 109 Virgin 125 BT 311 HD Virgin 191 BT 383

6.10am MasterChef Australia: the Professionals (S) (HD) **8.00** Extreme Makeover: Home Edition (S) **9.00** My Dream Home (S) (HD) **10.00** The Bill (S) **11.00** Tipping Point (HD) **1.00pm** ***New.*** Judge Faith (HD) **2.00** Traffic Cops (S) **2.40** Extreme Makeover: Home Edition (S) **3.40** My Dream Home (S) (HD) **5.40** Tipping Point (HD)

6.40pm Extreme Makeover: Home Edition The team visits Crawford in New York. (S)

7.40 Celebrity MasterChef The eight remaining cooks enter the semi-final stage. (S) (HD)

9.00 Dynamo: Magician Impossible *2/4* *Series 4* The illusionist heads to India, where he visits one of the world's largest slums. (S) (AD) (HD)

10.00 EastEnders Babe worms her way back into the kitchen at the Vic. Shown 8pm BBC1 (S) (AD) (HD)

10.40 The Bucket List ★★★ Comedy drama starring Jack Nicholson and Morgan Freeman. Two terminally ill patients escape from hospital to live out their fantasies. **Review p40.** (HD)

12.40am EastEnders (S) (AD) (HD) **1.20** Atlantis (HD) **2.50–3.00am** Dynamo: Top Ten Greatest Moments

W +1 Sky 213 Virgin 131

Gold

Sky 110 Virgin 124 BT 310

7.00am Outnumbered (S) (AD) **7.40** The Brittas Empire (S) **8.15** My Hero (S) **8.55** Last of the Summer Wine (S) (AD) **10.55** 'Allo 'Allo! (S) **1.05pm** Outnumbered (S) (AD) **1.45** The Brittas Empire (S) **2.20** My Hero (S) **3.00** Last of the Summer Wine (S) (AD) **5.00** Miranda (S) (AD)

5.40pm Only Fools and Horses Christmas special from 1986. Rodney dates an aristocrat's daughter.
7.00 Christmas special from 1983. Del and Rodney's estranged father turns up unexpectedly.
7.45 Rodney wins a holiday at a five-star hotel in Majorca. (S) (AD)

8.50 Fawlty Towers Inspectors throw Basil into a panic. (S) (AD)

9.35 Come Fly with Me *Harry Potter* actor Rupert Grint makes an appearance. (S) (AD)

10.20 Bottom Richie and Eddie go camping in the country. (S) (AD)

11.00 Monty Python's Best Bits The comedy troupe's most popular sketches. (S) (AD)

11.40 Monty Python: Parrot Sketch Not Included Memorable sketches, presented by Steve Martin.

1.00am Monty Python's Best Bits (S) (AD) **1.40 FILM** Monty Python Live at the Hollywood Bowl ★★★ **3.20–4.00am** Bottom (S) (AD)

Gold +1 Sky 166 Virgin 190

Sky Arts

Sky 121 Virgin 122 HD Virgin 206

6.00am Living the Life (S) (HD) **7.00** My Shakespeare (S) **8.00** Tales of the Unexpected (S) **9.00** Auction (S) (HD) **10.00** André Rieu: Dreaming (S) (HD) **11.30** The World of Liberace (S) **1.00pm** Tales of the Unexpected (S) **2.00** Inside the Actors Studio (S) (AD) **3.00 FILM** Tosca ★★ Opera. Italian +subtitles (S) (W) **5.20** Classical Destinations (HD) **5.35** Baim Archive (S) (HD)

6.00pm Master of Photography The contestants take a portrait of actor Michael Madsen. (HD)

7.00 Discovering: Joan Crawford A look at the life and career of the actress, who won an Academy Award for her role in the 1945 movie *Mildred Pierce*.

8.00 Classic Albums Special Exploring the success of Duran Duran's album *Rio*. (S) (HD)

9.00 ***New.*** **Trailblazers: New Romantics** Toyah Willcox and Billy Bragg are among those examining key moments in the development of the New Romantic genre. (S) (HD)

10.00 Soundbreaking How new formats for listening to music have been developed. (HD)

11.00 Guitar Star *9/9* *Series 2* A look back at the best moments from the competition. (S) (HD)

12 midnight Lost Songs: the Basement Tapes Continued (S) (HD) **2.00am** The Ronnie Wood Show (S) (HD) **3.10** REM by MTV (HD) **5.05–6.00am** Darbar Festival 2014 (S) (HD)

Universal

Sky 113 Virgin 137 BT 320

6.00am CSI: Miami (S) (HD) **7.00** Home Shopping **8.00** CSI: Miami (S) (HD) **10.00** Law & Order (S) (HD) **2.00pm** NCIS: four episodes (S) (HD)

6.00pm NCIS *11/25* *Series 6* As Christmas approaches, the team works overtime to solve a robbery – a case made doubly difficult by the fact that the prime suspect has supposedly been dead for 17 years. (S) (HD)
7.00 *12/25.* McGee is sent to a women's prison to interview a murder suspect, but ends up being captured and held hostage by the inmates. (S) (HD)

8.00 Major Crimes *6/23* *Series 4* The squad attempts to identify the skeleton of a possible male murder victim who may have a serious criminal past of his own. (S) (HD)

9.00 NCIS *12/24* *Series 7.* Gibbs learns that Tony's father is linked to the team's latest case, which involves an assassination attempt on a Saudi prince. (S) (HD)
10.00 *16/24.* When a navy captain is killed, Gibbs's former mother-in-law surfaces as a witness during the investigation. (S) (HD)

11.00 Law & Order: Special Victims Unit *4/23* *Series 6.* A serial killer taunts the team. (S) (HD)

12 midnight Law & Order: Special Victims Unit (S) (HD) **2.00am** Major Crimes (S) (HD) **3.00** Numb3rs (S) (AD) (HD) **5.00–6.00am** CSI: Miami (S) (HD)

Universal +1 Sky 150 Virgin 138

Sky2

Sky 129 Virgin 121

6.00am Stop, Search, Seize (AD) **8.00** 60-Minute Makeover **9.00** Ninja Warrior Women Tournament **10.00** Robot Wars Extreme (AD) **11.00** Monkey Life (S) (AD) **12 noon** Harrow: a Very British School (S) (AD) **1.00pm** Robot Wars Extreme (AD) **2.00** Ninja Warrior Women Tournament **3.00** Relic Hunter (S) **4.00** Danger Dogs **5.00** Stargate SG-1 (S) **6.00** Relic Hunter (S) **7.00** A Town Called Eureka (S) **8.00** Arrow (S) (AD) **9.00** 50 Ways to Kill Your Mammy (S) (AD) **10.00** Karl Pilkington: the Moaning of Life (S) **11.00** Ross Kemp in Search of Pirates (S) (AD) **12 midnight** Bradley Wiggins: the Road to Rio (S) **1.00am** 50 Ways to Kill Your Mammy (S) (AD) **2.00** Karl Pilkington: the Moaning of Life (S) **3.00** Ninja Warrior Women Tournament **4.00** Robot Wars Extreme (AD) **5.00–6.00am** Andromeda (S)

Syfy

Sky 114 Virgin 135 BT 319 HD Virgin 165 BT 375

6.00am Buffy the Vampire Slayer **8.00** Home Shopping **11.00** Star Trek: Voyager **12 noon** Star Trek: the Next Generation **2.00pm FILM** Lavalantula ★★ Sci-fi horror **4.00 FILM** Airplane vs Volcano ★ **6.00pm** Star Trek: the Next Generation: double bill **8.00 FILM** X-Men ★★★ Fantasy action adventure based on the Marvel Comics series **10.10** Mr Robot: Elliot meets Tyrell **11.10** Bitten **12.10am** Fact or Faked: Paranormal Files: a ghostly railroad brakeman **1.10** Star Trek: Voyager **2.10** Star Trek: the Next Generation: double bill **4.10–6.00am** Quantum Leap

Syfy +1 Sky 194 Virgin 136

TLC

Sky 125 Virgin 167 BT 323 HD Virgin 168 BT 377

6.00am Little People, Big World **7.00** Say Yes to the Dress (HD) **8.00** Say Yes to the Dress: Atlanta (HD) **9.00** Say Yes to the Dress (HD) **10.00** Judge Jeanine Pirro **11.00** Hoarding: Buried Alive (HD) **12 noon** Extreme Couponing Special (HD) **1.00pm** Little People, Big World **2.00** Cake Boss: the Next Great Baker (AD) (HD) **3.00** Something Borrowed, Something New (HD) **4.00** Say Yes to the Dress **5.00** Say Yes to the Dress: Atlanta (HD) **6.00** Say Yes to the Dress (HD) **7.00** ***New.*** Say Yes to the Dress: Since I Said Yes (HD) **8.00** ***New.*** Say Yes to the Dress Canada (HD) **9.00** ***New series.*** Say Yes to the Dress: UK (HD) **10.00** ***New.*** Undressed (HD) **11.00** Sex Sent Me to the ER (HD) **12 midnight** as 8pm **1.00am** as 9pm **2.00** as 10pm **3.00** as 12 noon **4.00–5.00am** as 2pm

TLC +1 Sky 154 Virgin 169

Lifetime

Sky 156 Virgin 208 BT 329 HD Virgin 209 BT 384

6.00am Judge Judy **7.00** Flipping Boston (HD) **8.00** Flipping Vegas (HD) **9.00** Judge Judy (HD) **11.00** Storage Wars (HD) **12 noon** Flipping Boston (HD) **1.00pm** Flipping Vegas (HD) **2.00** Judge Judy (HD) **3.00** Hardcore Pawn (HD) **4.00** Dance Moms (HD) **5.00** Little Women: LA (HD) **6.00** Hardcore Pawn (HD) **7.00** ***New.*** Judge Judy (HD) **8.00** Judge Judy (HD) **9.00** My Ghost Story: Caught on Camera (HD) **10.00** The Haunting of… (HD) **11.00** My Haunted House (HD) **12 midnight** My Ghost Story: Caught on Camera (HD) **1.00am** The Haunting of… (HD) **2.00** Hardcore Pawn (HD) **3.00** Little Women: LA (HD) **4.00** Dance Moms (HD) **5.00** Storage Wars (HD) **5.20–6.00am** Hardcore Pawn (HD)

Lifetime +1 Sky 197

Comedy Central

Sky 112 Virgin 132 BT 307 HD Virgin 181 BT 370

8.00am The Middle (S) (HD) **9.00** That '70s Show (S) **10.00** Bob's Burgers (S) (HD) **11.00** Friends (S) (HD) **2.00pm** Impractical Jokers (S) (HD) **3.00** Friends (S) (HD) **8.00pm** Impractical Jokers (S) (HD) **9.00** Bob's Burgers: double bill (S) (HD) **10.00** South Park: double bill (S) (HD) **11.00** Jimmy Carr: Telling Jokes: stand-up comedy from London's Bloomsbury Theatre (HD) **12 midnight** Rob Beckett at the Comedy Store (HD) **12.30am** ***New.*** The Daily Show (HD) **1.00** South Park (S) (HD) **2.00** Workaholics (HD) **2.30** Idiotsitter (HD) **3.00** Inside Amy Schumer (S) (HD) **3.25** Billy on the Street (HD) **3.50–5.00am** Two and a Half Men (S) (HD)

Comedy Central +1 Sky 127 Virgin 133

Sony Channel

Sky 157 Virgin 193 BT 331

7.00am 'Til Death **8.00** Soldier Soldier **10.00** Saving Hope **12 noon FILM** The Jane Austen Book Club ★★★ **2.05pm** Saving Hope **3.05** Celebrity Ghost Stories **7.00pm** Saving Hope: a surgeon fails to live up to his lofty reputation **8.00** The Night Shift: TC, Kenny and Paul tend to a woman who was accidentally shot by her husband **9.00 FILM** The Accidental Husband ★★ Romantic comedy **10.45** Younger **11.45** The Night Shift **12.45am** Celebrity Ghost Stories **2.45** Movie News **2.55** Celebrity Ghost Stories **3.50–4.00am** Movie News

Sony TV +1 Sky 181

ALL PROGRAMMES ON THE ABOVE CHANNELS ARE REPEATS UNLESS OTHERWISE STATED

Key (S) Subtitles (SL) Signing (AD) Audio description (HD) High definition (W) Widescreen

Scott & Bailey *9.00pm* Rachel becomes the boss

ITV Encore

Sky 123

6.00am Robin of Sherwood **6.55** Always and Everyone **7.50** Upstairs, Downstairs (S) **8.50** The Casebook of Sherlock Holmes (S) (HD) **9.50** Heartbeat **10.55** The Ruth Rendell Mysteries (S) **1.05pm** Robin of Sherwood (S) **2.15** Always and Everyone **3.20** Heartbeat **4.20** Upstairs, Downstairs (S) **5.35** The Casebook of Sherlock Holmes (S) (AD) (HD)

6.40pm Agatha Christie's Poirot A woman is found dead. (S) (HD) **7.55** A murder victim is found surrounded by clocks. (S) (AD) (HD)

9.00 Scott & Bailey *1/3 Series 5* RT Rachel steps up to acting DI. **See page 107.** (S) (AD) (HD)

ADI Rachel Bailey	**Suranne Jones**
DC Janet Scott	**Lesley Sharp**
DSI Julie Dodson	**Pippa Haywood**
DC Pete Readyough	**Tony Mooney**
DC Ian "Mitch' Mitchell	**David Prosho**

10.00 Black Work *1/3 Series 1* PC Jo Gillespie investigates her husband's murder. (S) (AD) (HD)

11.00 Home Fires *5/6 Series 2* Steph faces losing the farm. (AD) (HD)

12.05am Agatha Christie's Poirot (S) (HD) **1.15** Love Life (S) (AD) (HD) **2.15** Kingdom (S) (AD) **3.10** Crime Stories (S) (HD) **4.00** Upstairs, Downstairs (S) **5.00–6.00am** The Casebook of Sherlock Holmes (S) (HD)

ITV Encore +1 Sky 208

PBS America

Freesat 156 Sky 534 Virgin 276

6.00am Fracking: Shattered Ground **6.55** Secrets of the Manor House **7.50** Destination Burma **9.05** Secrets of the Manor House **10.20** Children of Giant **11.30** Custer's Last Stand **1.55pm** Time Team America **3.05** Destination Burma **4.20** Children of Giant **5.25** Time Team America

6.35pm Destination Burma Griff Rhys Jones visits Ghana and Burma as he explores the stories of the Africans and Asians who fought for the Allies during the Second World War.

7.55 Time Team America The experts explore an acre of land in a Maryland suburb which holds vital clues to life on plantations during the height of slavery.

9.00 ***New.*** **The Boys of '36** RT The story of the US men's coxed rowing eight that won gold at the Berlin Olympics and the hardships that they overcame just to get there. **See page 106.**

10.15 Grand Central A look at New York City's famous transport terminal, which is served by 67 train tracks, and how its construction came about as a response to a tragic accident.

11.20 Time Team America As 7.55pm.

12.25am The Boys of '36 **1.40** Grand Central **2.35** Secrets of the Manor House **3.35** Destination Burma **4.35** Secrets of the Manor House **5.35–6.00am** Hell on Hooves

Inspector George Gently *9.00pm* An old foe returns

Alibi

Sky 132 Virgin 126 BT 312 HD Virgin 200 BT 382

7.00am Diagnosis Murder (S) **8.00** Murdoch Mysteries (S) (HD) **10.00** Sue Thomas: F.B.Eye (S) **11.00** Castle (S) (AD) (HD) **12 noon** Rizzoli & Isles (S) (AD) (HD) **1.00pm** Diagnosis Murder (S) **2.00** Sue Thomas: F.B.Eye (S) **3.00** Murdoch Mysteries (S) (HD) **5.00** Castle (S) (AD) (HD)

6.00pm Rizzoli & Isles *6/15 Series 2.* A war re-enactment becomes the scene of a murder when a soldier turns up dead, and Maura must use her knowledge of history to solve the case. (S) (AD) (HD)

7.00 Crossing Lines *8/10 Series 1* Eva's family connections prove helpful when the team tries to take down a drug kingpin. (S) (HD)

8.00 King and Maxwell *1/10* A lawyer is shot dead, and King discovers that the victim had recently taken on the case of an alleged serial killer. (HD)

9.00 Inspector George Gently *4/4 Series 5.* A career criminal whom Gently sent down years ago has been released on the grounds that evidence was fabricated to frame him and the "victim" is now hellbent on revenge. (S) (AD) (HD)

11.00 Crossing Lines As 7pm. **12 midnight** Perception (S) (AD) (HD) **1.00–3.40am** Ripper Street

Alibi +1 Sky 226 Virgin 130

Discovery History

Sky 535 Virgin 262

6.00am Showdown: Air Combat **7.00** More Industrial Revelations **8.00** Battlefield Mysteries **10.00** Battlefield **12 noon** Hitler's Generals **1.00pm** Battlefield Mysteries **3.00** More Industrial Revelations **4.00** Seven Ages of Britain **5.00** Hitler's Generals

6.00pm Greatest Tank Battles How Russia defended itself against an elite SS forces Panzer attack in the north of Kursk.

7.00 Treasure Quest The salvage experts explore merchant ships on the seabed, hoping to stumble on a cargo of rare wine and champagne.

8.00 War Digs with Harry Harris The team searches the Sussex countryside for the wreckage of a British Beaufighter aeroplane.

9.00 Al Murray's Road to Berlin The comic actor meets survivors of the 1st Commando and 1st Cheshire Regiments.

9.30 The comedian visits the site of Hitler's bunker and meets survivors of the final siege of Berlin.

10.00 Day after D-Day Survivors of the Normandy invasion recall their experiences.

11.00 Hitler's Generals Profile of Erich von Manstein, who was a key figure in Hitler's war.

12 midnight Battlefield **2.00am** Treasure Quest **3.00** More Industrial Revelations **4.00–6.00am** Battlefield Mysteries

Discovery History +1 Sky 536 Virgin 263

NCIS *7.00pm* Gibbs gets his teeth into a terrorism case

Fox

Sky 124 Virgin 157 HD Virgin 199

8.00am Law & Order: Criminal Intent (HD) **9.00** Medium (S) (HD) **11.00** The Closer (S) (HD) **1.00pm** NCIS (S) (AD) (HD) **3.00** Medium (S) (HD)

5.00pm The Closer *13/15 Series 3* Brenda has 48 hours to get her case back on track after Jonathan Shafer's alibi comes to light. (S) (HD) **6.00** *14/15.* Brenda tries to track down a witness, and takes the opportunity to visit home. (S) (HD)

7.00 NCIS *23/24 Series 9.* The investigators try to catch fugitive terrorist Harper Dearing. **8.00** *24/24.* The team tries to track down wanted terrorist Harper Dearing before another US Navy ship is destroyed. **9.00** *8/24 Series 13.* DiNozzo is called on to help old flame Jeanne Benoit rescue her kidnapped husband. (S) (AD) (HD)

10.00 Tyrant *1/10 Series 3* Barry reluctantly takes on the role of interim president. (S) (HD)

11.00 Family Guy *Series 8* Brian and Stewie are accidentally locked inside a bank vault. (S) **11.30** Quagmire is delighted by the return of his father. (S)

12 midnight American Dad! (S) (HD) **1.00am** Family Guy (S) (HD) **4.00–5.00am** American Dad! (S) (HD)

Fox +1 Sky 165 Virgin 158

History

Sky 529 Virgin 270 BT 327 HD BT 379

8.00am Pawn Stars (HD) **9.00** ***New.*** Down East Dickering (HD) **10.00** Shipping Wars (HD) **11.00** Counting Cars: Best of (HD) **12 noon** Storage Wars (HD) **1.00pm** Pawn Stars (HD) **3.00** Mountain Men: double bill (HD) **5.00** Pawn Stars (HD) **6.00pm** American Pickers (HD) **7.00** Storage Wars (HD) **8.00** Fifth Gear (HD) **9.00** ***New.*** Counting Cars: a team of experts remodel unusual vehicles (HD) **9.30** Counting Cars (HD) **10.00** ***New.*** Car Hunters (HD) **11.00** Forged in Fire (HD) **12 midnight** Counting Cars (HD) **1.00am** Car Hunters (HD) **2.00** Storage Wars (HD) **3.00** Pawn Stars (HD) **4.00–5.00am** American Pickers (HD)

History +1 Sky 530 Virgin 271

Animal Planet

Sky 523 Virgin 256 BT 325 HD Virgin 257 BT 378

6.00am Tanked (HD) **7.00** Insane Pools: off the Deep End (HD) **8.00** Treehouse Masters (HD) **9.00** Wildlife at the Zoo (HD) **10.00** Too Cute! (HD) **11.00** Insane Pools: off the Deep End (HD) **12 noon** Treehouse Masters (HD) **1.00pm** Animal Cops Phoenix (AD) (HD) **3.00** Bondi Vet (HD) **5.00** Animal Cops Detroit (AD) **6.00** Flying Wild Alaska (HD) **7.00** Tanked (HD) **8.00** ***New.*** Lone Star Law (HD) **9.00** ***New.*** Pit Bulls and Parolees (HD) **10.00** Alaska: Surviving the Last Frontier (HD) **11.00** Bondi Vet (AD) (HD) **12 midnight** Tanked (HD) **1.00am** Lone Star Law (HD) **2.00** Pit Bulls and Parolees (HD) **3.00** Alaska: Surviving the Last Frontier (HD) **3.50** Deadliest Catch (HD) **4.40** Whale Wars **5.30–6.00am** Animal Airport (HD)

Animal Planet +1 Sky 549 Virgin 258

MythBusters *8.00pm* On your bike: Jamie Hyneman

Discovery

Sky 520 Virgin 250 BT 322 HD Virgin 251 BT 376

6.00am Extreme Car Hoarders (HD) **7.00** American Chopper (HD) **9.00** Fast 'n' Loud (HD) **11.00** Wheeler Dealers (HD) **1.00pm** Alaskan Bush People Special (HD) **2.00** Gold Rush (HD) **3.00** Born Survivor: Bear Grylls (AD) (HD) **4.00** MythBusters (AD) (HD) **5.00** Wheeler Dealers (AD) (HD)

6.00pm Fast 'n' Loud A jeep is overhauled in 24 hours. (AD) (HD) **7.00** Richard buys the first car he and Aaron built together. (AD) (HD)

8.00 MythBusters Jamie Hyneman puts his life on the line to test a motorcycle myth. (HD)

9.00 Baggage Battles The auction specialists visit Atlanta. (HD) **9.30** An auction in Nashville. (HD)

10.00 Auction Hunters: Pawn Shop Edition Ton negotiates with the shop's landlord. (HD) **10.30** Allen and Ton discover a vintage wooden boat. (HD)

11.00 Fast 'n' Loud Aaron has big plans for a 1964 Dodge truck with a Chevrolet motor. (HD)

12 midnight Naked and Afraid (HD) **1.00am** Street Outlaws (HD) **2.00** Moonshiners (AD) (HD) **3.00** Baggage Battles (HD) **3.50** Auction Hunters: Pawn Shop Edition (HD) **4.40–6.00am** How It's Made (HD)

Discovery +1 Sky 521 Virgin 252

Nat Geographic

Sky 526 Virgin 266 BT 317 HD Virgin 268 BT 373

8.00am Nazi Megastructures (HD) **9.00** Ancient X Files (HD) **10.00** Nazi Secrets (HD) **11.00** Ice Road Rescue (HD) **12 noon** Wicked Tuna (HD) **1.00pm** Family Guns (HD) **2.00** Ultimate Airport Dubai (HD) **3.00** Air Crash Investigation (S) (AD) (HD) **5.00** Car SOS (HD) **6.00** Supercars (HD) **7.00** Air Crash Investigation (HD) **8.00** The 2000's Biggest Tragedies (HD) **9.00** RT **CHOICE** ***New.*** X: the Generation that Changed the World: the impact of technology. **See p107** (HD) **10.00** Banged Up Abroad (AD) (HD) **11.00** Air Crash Investigation (HD) **12 midnight** Science of Stupid (HD) **1.00am** Underworld, Inc (HD) **2.00–5.00am** Seconds from Disaster (HD)

Nat Geo +1 Sky 527 Virgin 267

Eden

Sky 532 Virgin 247 BT 315 HD Virgin 249

9.00am Life in the Undergrowth (S) (AD) **10.00** as 4pm **11.00** as 5pm **12 noon** as 6pm **1.00pm** as 7pm **2.00** Ganges (S) (HD) **3.00** Life in the Undergrowth (S) (AD) **4.00** Uranium: Twisting the Dragon's Tail (HD) **5.00** Wild Colombia with Nigel Marven (S) (AD) (HD) **6.00** Wild Britain with Ray Mears (S) (HD) **7.00** Biggest and Baddest (S) (HD) **8.00** Ganges (S) (HD) **9.00** Life in the Undergrowth (S) (AD) **10.00** Metamorphosis (S) (AD) (HD) **11.00** Extreme Fishing with Robson Green (S) **12 midnight** Wild Colombia with Nigel Marven (S) (AD) (HD) **1.00am** Wild Britain with Ray Mears (S) (HD) **2.00** as 7pm **3.00** as 8pm **3.45** as 9pm **4.35** as 10pm **5.25–6.00am** World's Wildest City: Manaus (HD)

Eden +1 Sky 533 Virgin 248

CHILDREN'S

Milkshake! on C5

Full listings for Channel 5 are on p110

6.00am The WotWots **6.10** Chloe's Closet **6.20** Lily's Driftwood Bay **6.30** Fireman Sam **6.40** Peppa Pig **6.45** Bob the Builder **7.00** Little Princess **7.10** Pip Ahoy! Pip and Alba build Shelvis a new home **7.25** Thomas & Friends: James is forced to swallow his pride **7.40** Noddy: Toyland Detective **7.50** Ben and Holly **8.05** Wissper **8.15** Peppa Pig: double bill **8.35** Paw Patrol **8.50** Toot the Tiny Tugboat **9.00–9.15am** Bananas in Pyjamas

CBeebies 121

Freeview 121 Freesat 608 Sky 614 Virgin 702

6.00am ZingZillas **6.10** Mr Bloom **6.25** Timmy Time **6.35** Buzz and Tell **6.40** Raa Raa **6.55** Postman Pat **7.10** Twirlywoos **7.20** Teletubbies **7.35** Hey Duggee **7.40** The Furchester Hotel **7.55** Go Jetters **8.05** Octonauts **8.20** Chuggington **8.25** Kate & Mim-Mim **8.35** Tree Fu Tom **9.00** Time for School **9.10** Bing **9.25** Wussywat **9.30** Teletubbies **9.45** Something Special **10.05** Patchwork Pals **10.10** Show Me Show Me **10.30** Woolly & Tig **10.35** Get Well Soon **10.50** Ruff-Ruff, Tweet and Dave **11.05** The Lingo Show **11.15** Alphablocks **11.20** Magic Hands **11.25** Get Squiggling! **11.40** Waybuloo **12 noon** My Pet and Me **12.15pm** I Can Cook on the Go **12.30** Old Jack's Boat **12.45** Melody **1.00** Time for School **1.10** Bing **1.25** Wussywat **1.30** Twirlywoos **1.45** Something Special **2.05** Patchwork Pals **2.10** Show Me **2.30** Woolly & Tig **2.35** Get Well Soon **2.50** Numtums **3.05** Lingo Show **3.15** Alphablocks **3.20** Magic Hands **3.30** Mister Maker **3.50** Grandpa in My Pocket **4.05** Boj **4.15** What's the Big Idea? **4.20** Kazoops **4.30** Nina **4.45** Peter Rabbit **5.00** Justin's House **5.25** Go Jetters **5.35** Gigglebiz **5.50** ***New.*** Nelly & Nora **6.00** Charlie and Lola **6.10** Waybuloo **6.20** In the Night Garden... **6.50–7.00pm** CBeebies Bedtime Story: read by Shelley Conn

CBBC 120

Freeview 120 Freesat 607 Sky 613 Virgin 701

7.00am Arthur **7.15** Zig and Zag **7.25** Danger Mouse **7.35** Kickabout **7.40** Newsround **7.45** Wild & Weird **8.00** Class Dismissed **8.15** Newsround **8.25** Diddy TV **8.45** ***New.*** Odd Squad **9.00** ***New.*** Hacker Time **9.30** ***New.*** Just Kidding **9.50** My Mini School Trip Is Magic **10.00** Airmageddon **10.30** So Awkward **11.00** Ten Pieces Prom **11.55** Matilda **12.10pm** Next Step **12.35** Ouch! **1.30** Hacker Time **2.00** Airmageddon **2.30** Wild & Weird **2.45** Amazing **3.00** Odd Squad **3.10** Dennis the Menace **3.20** Sidekick **3.35** Endangered Species **3.45** ***New.*** Bottersnikes **4.00** Just Kidding **4.20** Newsround **4.30** 4 o'Clock Club **5.00** RT **CHOICE** ***New.*** Matilda and the Ramsay Bunch. **See p109.** **5.15** Secret Life of Boys **5.40** Class Dismissed **6.00pm** ***New.*** Hacker's Olympic Rundown **6.05** ***New.*** Bottersnikes **6.20** ***New.*** The Deep **6.45** Danger Mouse **6.55** Lifebabble **7.00** Horrible Histories **7.30** Marrying Mum and Dad **8.00** Epic Quick Blast **8.05** The Next Step **8.25–9.00pm** Dumping Ground

CITV 122

Freeview 122 Freesat 602 Sky 621 Virgin 734

Programmes 6.00pm–9.00 not Freeview

6.00am Monsuno **6.20** Signed Stories: Share a Story **6.30** Dino Dan **7.15** Oddbods **7.25** Grizzly Tales for Gruesome Kids **7.55** City Shorts **8.00** Max Steel **8.25** Matt Hatter Chronicles **8.55** Thunderbirds Are Go **9.25** Oddbods **9.30** ***New.*** What's New Scooby-Doo? **10.00** Mr Bean: the Animated Series **11.00** Horrid Henry **12 noon** Nerds & Monsters **12.30pm** Looped **1.00** Mr Bean: the Animated Series **2.00** Horrid Henry **3.00** Thunderbirds Are Go **3.30** What's New Scooby-Doo? **3.55** My Parents Are Aliens **5.05** Fort Boyard **6.00pm** Max Steel **6.25** Matt Hatter Chronicles **6.55** Horrid Henry **7.55** Looped **8.25** Thunderbirds Are Go **8.55–9.00pm** Signed Stories

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Tonight's big premiere

P Pan ★★★★ *8.00pm* ***Sky Premiere***

Peter Pan (Levi Miller) fulfils his flying destiny – defeating the evil pirate Blackbeard (Hugh Jackman) – in this wonderfully oddball, spectacular prequel to JM Barrie's classic tale. This irreverent delight touches base with all the familiar lands and characters, and the result is an eclectic eye-popper combining the old-fashioned swashbuckler and modern adventure fantasy into a inventive kaleidoscopic dazzler. **ALAN JONES**

Right up your alley

The Big Lebowski ★★★★ *11.05pm* ***Film4*** FREEVIEW

Ten-pin bowling is one of those sports that seemed exotically all-American until it was imported over here. But it retains a mythic resonance in films, as seen in double bill *The Big Lebowski* – where three buddies shoot the breeze and resent John Turturro's flamboyant opponent – and the more farcical *Kingpin*, with Iowan Woody Harrelson turning pro. But don't rent *Bowling for Columbine* for the bowling. **ANDREW COLLINS**

Pack your bags

Hotel Sahara ★★★ ***My5***

FREE TO VIEW

A marvellous comedy idea: during the desert campaign in the Second World War, Peter Ustinov's hotel is utilised at various times by British, German, Italian and French forces. Naturally, proprietor Ustinov manages to accommodate them all, plus a few visiting Arabs. Fast, furious and very funny. **TONY SLOMAN**

FREEVIEW

Film4 15

F'view 15 **F'sat** 300 **Sky** 315 **Virgin** 428 HD **Virgin** 429

11.00am Doctor in Clover ★★ Comedy. Leslie Phillips (1966, PG) (S) **1.05pm Stuart Little** ★★★ Adventure. Michael J Fox, Geena Davis, Hugh Laurie (1999, U) (S) (AD) **2.40 Letters to Juliet** ★★★★ Drama. Amanda Seyfried (2010, PG) (S)

4.45pm The School of Rock ★★★★ Upbeat tale of a guitarist who passes himself off as a teacher and introduces his charges to rock 'n' roll. Jack Black (2003, PG) (AD)

6.55 The Adjustment Bureau ★★★ Lovers are kept apart by sinister forces in this imaginative amalgam of love story and sci-fi thriller. Matt Damon (2010, 12) (S) (AD)

9.00 Paul ★★★ Madcap sci-fi comedy in which British comic-book geeks have a close encounter with a fun-loving alien. Simon Pegg, Nick Frost (2010, 15) (S) (AD)

11.05pm The Big Lebowski ★★★★ Comedy. **Choice, left.** Jeff Bridges, John Goodman (1997, 18) **1.25–3.50am Kingpin** ★★ Sports comedy. Woody Harrelson, Randy Quaid (1996, 12) (S)

Film4 +1 **F'view** 45 (HD only) **F'sat** 301 **Sky** 316 **Virgin** 430

Movie Mix 32

Freeview 32

9.00am Black Beauty: the Legend Continues ★★ Drama. Dean Stockwell (2005, PG) **10.50** Movie News **11.00 Touching Wild Horses** ★★ Drama. Jane Seymour (2002, 12) **1.00pm Bite the Bullet** ★★★ Western adventure. Gene Hackman, Candice Bergen (1975, PG) **3.50** Movie News **4.00 Silverado** ★★★★ Invigorating western. Kevin Kline, Scott Glenn (1985, PG)

6.45pm Movie News

6.55 Man of the House ★★ Action comedy starring Tommy Lee Jones as a crusty cop assigned to babysit a bunch of cheerleaders. Anne Archer, Brian Van Holt (2005, 12)

9.00 A Good Man ★★ Ageing action man Steven Seagal is more energetic than usual in this shoot-'em-up. Victor Webster, Tzi Ma, Massimo Dobrovic, Ron Balicki (2014, 15)

11.05 Pistol Whipped ★★ Disgraced-cop-given-a-way-back action drama. Steven Seagal, Lance Henriksen, Paul Calderon, Mark Elliot Wilson (2008, 15)

1.10am Puncture Wounds ★★ Action drama. Cung Le, Dolph Lundgren (2014, 15) **3.05** Movie News **3.15 The Net 2.0** ★★ Thriller. Nikki Deloach (2006, 15) **5.05–6.00am** Highway to Heaven: TV series starring Michael Landon

Movies4Men 48

Freeview 48 **Freesat** 304 **Sky** 325

6.00am Pacific Destiny ★★ Drama. Denholm Elliott (1956, PG) **8.00 A Dangerous Profession** ★★ Drama. George Raft (1949) **9.35 Julius Caesar** ★★ Drama. Jeremy Sisto (2002, 12) **12.20pm** 1914: The Invasion of Belgium **1.25** 1914-1918 **3.15 Farewell to the King** ★ Adventure. Nick Nolte, Nigel Havers (1988, PG) **5.30 When Heroes Die** ★★ Second World War drama. (1970)

6.55pm Tracker ★★★ Satisfying Kiwi western about a Boer War veteran hunting down a Maori seaman wanted for murder. Ray Winstone, Temuera Morrison (2010, 12)

9.00 USS Seaviper ★★ Minor-league Second World War drama in which an American submarine is sent on a dangerous reconnaissance mission. (2012, 15)

10.50 Deserter ★★ Paul Fox plays an Englishman in the French Foreign Legion in this watchable biopic featuring Tom Hardy in an early role. Kate Maberly (2002, 15)

12.45am The Triple Echo ★★★ Unusual wartime drama. Glenda Jackson, Oliver Reed, Brian Deacon (1972) **2.35–4.00am Containment** ★★★ Horror thriller. Lee Ross, Sheila Reid (2015, 15)

Movies4Men +1 **Freesat** 305 **Sky** 326

Premiere

Sky 301 **Virgin** 401 **BT** 501 HD **Virgin** 431

6.00am 4 Minute Mile As 12.45pm **7.40 Infini** As 11.45pm **9.40** As 6.15pm **11.15 Sixteen** ★★★ Thriller. **Choice, p84.** (2013, 15) **12.45pm 4 Minute Mile** ★★ Sports drama. Kelly Blatz, Richard Jenkins, Kim Basinger (2014, 15) **2.30 P Pan** As 8pm **4.30 The Perfect Guy** As 10pm

6.20pm The Good Dinosaur ★★★★ Stunning Pixar adventure. **Choice, p54.** Raymond Ochoa (2015, PG

8.00 P Pan ★★★★ All-action prequel that's an eye-popping delight. **Choice, left.** Levi Miller, Hugh Jackman, Rooney Mara, Kathy Burke (2015, PG)

10.00 The Perfect Guy ★★★ Effective thriller. **Choice, p64.** Sanaa Lathan, Michael Ealy, Morris Chestnut (2015, 15)

11.45 Infini ★★ Stranded-in-space sci-fi. Daniel MacPherson (2014, 15)

1.45am As 11.15am **3.15 Northwest** ★★★★ Crime drama. **Choice, p94.** Gustav Dyekjaer Giese, Oscar Dyekjaer Giese (2013, 15) **5.00** Ghostbusters: Special **5.30** Star Trek Beyond Special

Premiere +1 **Sky** 302 **Virgin** 402

Greats

Sky 304 **Virgin** 404 **BT** 508 HD **Virgin** 434

6.00am The Hunt for Red October ★★★★ Thriller. (1990, PG) **8.15** As 3.35pm **9.55** As 5.15pm **11.45** As 7.10pm **1.35pm** As 9pm **3.35 SPYkids 3: Game Over** ★★ Fantasy adventure. (2003, U) **5.15 Charlie's Angels: Full Throttle** ★ Comedy adventure. Cameron Diaz (2003, 12)

7.10pm American Ultra ★★★ The stoner comedy gets a fresh but violent twist. Jesse Eisenberg, Kristen Stewart, Topher Grace, Tony Hale (2015, 15)

9.00 The Man from UNCLE ★★ Rebooted origins story based on the 60s TV series. Henry Cavill (2015, 12)

11.00 Marathon Man ★★★★ Gripping thriller in which a student is unwittingly caught up in a hunt for Nazi diamonds. Dustin Hoffman, Laurence Olivier, Roy Scheider (1976, 15)

1.15am Three Days of the Condor ★★★★ Suspenseful political thriller. Robert Redford, Faye Dunaway (1975, 15) **3.20 The Hunt for Red October** As 6am **5.45** The Top Ten Show

Comedy

Sky 308 **Virgin** 408 **BT** 506 HD **Virgin** 438

6.55am King Ralph ★★ Comedy. (1991, PG) **8.40 Analyze This** ★★★★ Comedy. Billy Crystal (1999, 15) **10.30 Analyze That** ★★ Comedy. Billy Crystal (2002, 15) **12.15pm** As 8pm **2.00** As 9.45pm **3.45** The Top Ten Show **4.00 In Her Shoes** ★★★★ Comedy drama. Cameron Diaz (2005, 12)

6.15pm Dodgeball: a True Underdog Story ★★★ Daft but good-natured sports comedy. Vince Vaughn, Ben Stiller, Christine Taylor (2004, 12)

8.00 Walk Hard: the Dewey Cox Story ★★★★ John C Reilly stars in this hilarious spoof. (2007, 15)

9.45 The Bad Education Movie ★★★ Spin-off from the hit BBC3 comedy. Jack Whitehall (2015, 15)

11.25 Top Five ★★★ Talky New York-set tale. Chris Rock (2014, 15)

1.15am Mr Deeds ★ Comedy. Adam Sandler (2002, 12) **3.00 Superfast!** ★ Action comedy spoof. Alex Ashbaugh, Dale Pavinski (2015, 12) **4.45 A Shot in the Dark** ★★★★ Comedy mystery. Peter Sellers, Elke Sommer (1964, PG)

Hits

Sky 303 **Virgin** 403 **BT** 504 HD **Virgin** 433

6.05am As 3.30pm **8.35** As 6pm **10.50** As 8.15pm **12.55pm Harry Potter and the Half-Blood Prince** ★★★★ Fantasy adventure. Daniel Radcliffe, Rupert Grint (2009, 12) **3.30 Harry Potter and the Deathly Hallows: Part 1** ★★★ Fantasy adventure. Daniel Radcliffe, Rupert Grint, Emma Watson (2010, 12)

6.00pm Harry Potter and the Deathly Hallows: Part 2 ★★★★★ The fantasy franchise comes to a hugely satisfying conclusion. Daniel Radcliffe, Emma Watson, Rupert Grint (2011, 12)

8.15 Jurassic World ★★★★ Roaring return for the sci-fi adventure franchise. Chris Pratt, Bryce Dallas Howard, Irrfan Khan, Vincent D'Onofrio (2015, 12)

10.25 Fury ★★★★ Heart-pounding drama about the crew of a tank. Brad Pitt, Shia LaBeouf (2014, 15)

12.45am Kill the Messenger ★★★ Drama. (2014, 15) **2.45 And So It Goes** ★★ (2014, 12) **4.30** Kingsman: The Secret Service Special **5.00** Lego DC Comics Super Heroes: Justice League vs Bizarro League

Action/Adventure

Sky 307 **Virgin** 407 **BT** 502 HD **Virgin** 437

7.10am The Dukes of Hazzard ★ Action comedy. Seann William Scott, Johnny Knoxville, Jessica Simpson, Burt Reynolds, Willie Nelson (2005, 15) **9.10** As 4.50pm **12.20pm Mad Max: Fury Road** As 8pm **2.35 Gone in Sixty Seconds** ★★ Action crime drama. Nicolas Cage, Angelina Jolie, Giovanni Ribisi (2000, 15)

4.50pm The Lord of the Rings: The Fellowship of the Ring ★★★★★ Enthralling, visually breathtaking odyssey. Elijah Wood, Ian McKellen, Liv Tyler, Viggo Mortensen (2001, PG)

8.00 Mad Max: Fury Road ★★★★ Exhilarating action adventure. Tom Hardy, Charlize Theron (2015, 15)

10.00 Superman Returns ★★★★ Breathtaking, nostalgia-tinged comic-book blockbuster. Brandon Routh, Kevin Spacey, Kate Bosworth (2006, 12)

12.35am Enemy of the State ★★★★ Thriller. Will Smith, Gene Hackman (1998, 15) **2.50 Swordfish** ★★ Action thriller. John Travolta, Hugh Jackman, Halle Berry (2001, 15) **4.30 Maverick** ★★★ Comedy western. Mel Gibson (1994, PG)

Crime/Thriller

Sky 309 **Virgin** 409 **BT** 509 HD **Virgin** 439

7.05am Kidnapping Freddy Heineken ★★ Crime thriller. Jim Sturgess (2015, 15) **8.55 Pawn** ★★ Crime thriller. Michael Chiklis (2013, 15) **10.35 Montana** ★★ Crime thriller. Lars Mikkelsen (2014, 15) **12.35pm** As 9pm **2.40 Solace** ★★★ Mystery thriller. Anthony Hopkins (2015, 15)

4.40pm A Few Good Men ★★★★ Star-laden courtroom drama. Tom Cruise, Jack Nicholson, Demi Moore, Kevin Bacon, Kiefer Sutherland (1992, 15)

7.00 Collateral ★★★★ Impressive action crime thriller. Tom Cruise, Jamie Foxx, Jada Pinkett Smith (2004, 15)

9.00 Valkyrie ★★★ Engrossing wartime drama. Tom Cruise (2008, 12)

11.05 The Captive ★★ Disappointing mish-mash of a thriller. Ryan Reynolds, Rosario Dawson (2014, 15)

1.00am As 2.40pm **2.50 American History X** ★★★★ Uncompromising drama. Edward Norton, Edward Furlong (1998, 18) **4.50 Angel Flight Down** ★★ Drama based on a true story. Patricia Kalember, David Charvet, Christopher Atkins (1996)

Key (S) Subtitles (SL) Signing (AD) Audio description

Disney

Sky 305 Virgin 405 BT 503 HD Virgin 435

6.50am Stitch! The Movie ★★ Animation. (2003, U) **8.00** As 4.40pm **9.50** As 2.45pm **11.40 Confessions of a Teenage Drama Queen** ★★★ Comedy. (2004, PG) **1.15pm** As 6.30pm **2.45 Cars 2** ★★★ Animation. Owen Wilson (2011, U) **4.40 Cinderella** ★★★★ Fantasy. Lily James (2015, U)

6.30pm The Little Mermaid ★★★★★ Delightful animated adventure. Jodi Benson, René Auberjonois (1989, U)

8.00 McFarland, USA ★★ Kevin Costner is perfectly cast as a football coach. Morgan Saylor (2015, PG)

10.15 Oliver & Company ★★★ Enjoyable animated adaptation of *Oliver Twist*. Joey Lawrence (1988, U)

11.35 The Last Flight of Noah's Ark ★ Attempt to emulate *The African Queen*. Elliott Gould (1980, U)

1.25am Return from Witch Mountain ★★★ Sci-fi adventure. Bette Davis (1978, U) **3.10 Tinker Bell and the Legend of the NeverBeast** ★★★ Animated fantasy. Mae Whitman (2014, U) **4.40** As 8pm

Family

Sky 306 Virgin 406 BT 505 HD Virgin 436

6.00am Daddy Day Care ★★ Comedy. Eddie Murphy, Jeff Garlin (2003, PG) **7.35 Annie** ★★★ Musical. Albert Finney, Carol Burnett (1982, U) **9.45** As 4.30pm **11.25** As 6.10pm **1.10pm** As 8pm **3.00** As 9.30pm **4.30 Paul Blart: Mall Cop 2** ★★ The accident-prone store detective returns. (2015, PG)

6.10pm Strange Magic ★★ Animated saga of fairies and elves. Evan Rachel Wood, Alan Cumming (2015, U)

8.00 The Nut Job ★★ Child-friendly animated caper. Will Arnett, Katherine Heigl, Brendan Fraser (2014, U)

9.30 Garfield: A Tale of Two Kitties ★★★ The laconic feline is London-bound in this enjoyable sequel. Bill Murray, Jennifer Love Hewitt (2006, U)

11.10 Rocketeer ★★★★ Entertaining romp. Bill Campbell (1991, PG)

1.10am Daddy Day Care As 6am **2.45 Annie** As 7.35am **4.55 Doctor Dolittle** ★★★ Fantasy comedy. Eddie Murphy (1998, PG)

Drama/Romance

Sky 310 Virgin 410 BT 511 HD Virgin 440

7.00am Steel Magnolias ★★★★ Comedy drama. Sally Field (1989, PG) **9.05 Just One Day** ★★★ Comedy. (2013, 15) **10.55 Edward Scissorhands** ★★★★★ Fantasy. Johnny Depp (1990, PG) **12.55pm** As 8pm **3.05 Boyhood** ★★★★★ Oscar-winning drama. Patricia Arquette (2014, 15) **5.55** The Top Ten Show

6.10pm Forces of Nature ★★ Sandra Bullock and Ben Affleck lack the chemistry for this odd-couple romantic comedy. (1998, 12)

8.00 Notting Hill ★★★★ Feel-good romantic comedy about the love affair between a London bookseller and a Hollywood star. Julia Roberts, Hugh Grant, Hugh Bonneville (1999, 15)

10.10 Fifty Shades of Grey ★★ Slick but stilted erotic soap opera. Dakota Johnson, Jamie Dornan (2015, 18)

12.20am Ali ★★★ Biographical boxing drama. Will Smith (2001, 15) **3.00 Urban Cowboy** ★★★ Drama. John Travolta, Debra Winger (1980, 12) **5.20 Fiddler on the Roof** ★★★★ Musical comedy drama. Topol, Norma Crane (1971, U)

Sci-Fi/Horror

Sky 311 Virgin 411 BT 507 HD Virgin 441

6.00am Anaconda ★★★ Horror adventure. Jennifer Lopez (1997, 15) **7.35 Close Encounters of the Third Kind** ★★★★★ Sci-fi drama. Richard Dreyfuss (1977, PG) **10.00** As 5.15pm **11.45** As 7pm **1.45pm** As 9pm **3.45** As 11.05pm **5.15 Predestination** ★★★ Sci-fi thriller. Ethan Hawke (2014, 15)

7.00pm Ex Machina ★★★★ Strange and consistently thought-provoking sci-fi thriller. Domhnall Gleeson, Oscar Isaac, Alicia Vikander (2014, 15)

9.00 Crimson Peak ★★ Sumptuous, occasionally gruesome gothic horror. Mia Wasikowska, Jessica Chastain, Tom Hiddleston, Charlie Hunnam, Jim Beaver (2015, 15)

11.05 The Gallows ★ "Found footage" shocker. Reese Mishler, Pfeifer Brown, Ryan Shoos, Cassidy Gifford, Travis Cluff (2015, 15)

12.35am Anaconda As 6am **2.10 No One Lives** ★★★★ Rednecks upset a serial killer and pay the price in this tense horror. Luke Evans (2012, 18) **3.40 Close Encounters of the Third Kind** As 7.35am

Select

Sky 312 Virgin 412 BT 510 HD Virgin 442

6.00am As 10.10pm **8.20 Cool Hand Luke** ★★★★ Prison drama. **Choice, p54.** Paul Newman (1967, 15) **10.30** As 8pm **12.40pm A Bridge Too Far** ★★★ All-star war drama. Dirk Bogarde, James Caan, Michael Caine (1977, 15) **3.40 Inherent Vice** ★★★★ Crime drama. Joaquin Phoenix (2014, 15)

6.10pm Dope ★★★★ Fast, funky and good-hearted spin on the urban heist movie. Shameik Moore, Tony Revolori, Kiersey Clemons, Kimberly Elise (2015, 15)

8.00 Wall Street ★★★★ A gullible Wall Street broker falls under the spell of his ruthless boss in this stylish morality tale. Michael Douglas, Charlie Sheen, Daryl Hannah (1987, 15)

10.10 Blackhat ★★ Ill-conceived cyber-drama from Michael Mann. Chris Hemsworth, Tang Wei, Viola Davis (2015, 15)

12.25am Training Day ★★★★ Drama. Denzel Washington (2001, 18) **2.30 Thunderbolt and Lightfoot** ★★★★ Crime caper. Clint Eastwood, Jeff Bridges (1974, 18) **4.30 March of the Penguins** ★★★★ Documentary. (2005, U)

TCM

Sky 317 Virgin 415 BT 512 HD Virgin 416

8.10am Kung Fu **10.15 Across the Rio Grande** ★★ Western. Jimmy Wakely (1949) **11.20 Riding Shotgun** ★★ Western. Randolph Scott (1954, U) **12.50pm** Kung Fu **3.00 Sugarfoot** ★★ Western. Randolph Scott (1951, U) **4.30 Darby's Rangers** ★★ War drama. James Garner, Etchika Choureau, Jack Warden (1958)

6.55pm The Private Lives of Elizabeth and Essex ★★★ Enjoyably overblown historical drama. Bette Davis, Errol Flynn (1939, U)

9.00 Mad Max ★★★★★ A cop battles murderous biker gangs in this inventive and violent futuristic action thriller that made a star of Mel Gibson . (1979, 18)

10.50 Exit Wounds ★★ Predictable action drama. Steven Seagal, DMX, Isaiah Washington (2001, 18)

12.50am 24 Hour Party People ★★★★ Irreverent look at the Manchester music scene of the 1970s and 80s. Steve Coogan (2001, 18) **3.00** Conspiracy Theory **5.00** As 6.55pm

TCM +1 Sky 318 Virgin 417

SPORT Choices

US Senior Tour Golf *6.00pm* ***Sky Sports 4***

The last Major of the year for the more seasoned players is the US Open, in its second day at Scioto Country Club in Ohio. The title-holder is Jeff Maggert, who won last year in Sacramento, his final-round 65 edging out defending champion Colin Montgomerie by two strokes. Monty himself will be there, along with such luminaries as Tom Watson, Fred Couples, Bernhard Langer and Hale Irwin. Make no mistake, they can still play the game. **STEVE WALL**

Sky Sports 1

Sky 401 Virgin 511 BT 402 HD Virgin 501

6.00am Football Gold (AD) **7.00** Wrestling **8.00** League Cup Football **9.00** Premier League Years (AD) **11.00** Great Sporting Moments **11.30** Premier League Match Pack
12 noon Premier League World
12.30pm League Cup Football
1.30 Football Gold (AD)
2.00 Premier League World
2.30 Premier League Match Pack
3.00 Premier League Years Classic games and moments of dazzling skill from last season.
5.00 Premier League World
5.30 Premier League Preview
6.00 The Fantasy Football Club
7.00 LIVE Football League Championship action, Brighton & Hove Albion v Nottingham Forest (kick-off **7.45**).
10.15 More Than a Game The 1981 political protest at Brazilian football club Corinthians.
10.45 The Fantasy Football Club
11.45 Premier League Preview
12.15am More Than a Game **12.45** Premier League Preview **1.15** Super League **1.30** Great Sporting Moments **2.00** Super League **2.15** Super League Gold (AD) **2.30** Premier League Preview **3.00** The Fantasy Football Club **4.00–6.00am** Premier League Years

Sky Sports 2

Sky 402 Virgin 512 BT 403 HD Virgin 502

6.00am Cricket Classics (AD) **7.00** Cricket's Greatest (AD) **8.30** Test Cricket: England v Pakistan
10.30 LIVE Test Cricket Day two in the fourth and final Test between England and Pakistan at the Oval. Fast bowler Mohammad Amir was man of the match last time the sides met in a Test here, in 2010, claiming six victims for the visitors in a four-wicket victory.
7.00pm Super League Gold: the 2001 final (AD) **7.15** Super League
7.30 LIVE Super League St Helens v Catalans Dragons (kick-off **8.00**), Super 8s.
10.30 Test Cricket: England v Pakistan, Fourth Test, day two
12.30am Cricket's Greatest (AD) **2.00** Test Cricket **4.00–6.00am** The Ashes: England's Best Days

BT Sport 1

Sky 413 Virgin 531 BT 408 HD Virgin 527 BT 430

6.00am Classic Premier League **9.30** Australian Rules Football
10.30 LIVE Australian Rules Football Western Bulldogs v Collingwood (bounce-up **10.50**).
1.30pm French Football **2.00** Jordan Rides the Bus (AD) **3.00** Motor Racing **4.00** Last Week, This Week **4.15** French Football **5.15** Global Goals **6.15** French Football
6.45 LIVE French Football Bastia v Paris Saint-Germain.
9.00 Premier League Preview
9.30 Last Week, This Week **9.45** Global Goals **10.15** Classic Premier League **1.45** Last Week, This Week
2.00 LIVE Boxing Miguel Flores v Ryan Kielczweski at featherweight.
4.00 Premier League Preview **4.30** Last Week, This Week **5.00–6.00am** European Football Show

Sky Sports 3

Sky 403 Virgin 513 HD Virgin 503

6.00am Darts Gold **7.00** Boxing Gold **8.00** Motorsport Mundial **8.30** The World Rugby Show **9.00** Fishing **9.30** Tennis **10.00** Sporting Heroes (AD) **11.00** Racing News **11.30** Tennis
12 noon Time of Our Lives Former sports personalities reminisce.
1.00pm Fishing
1.30 The World Rugby Show Rugby union round-up.
2.00 Boxing Gold Amir Khan v Marcos Maidana.
2.30 Tennis ATP Tour news.
2.55 LIVE Test Cricket West Indies v India, day four in the Third Test, coverage from the Darren Sammy National Cricket Stadium in Gros Islet, St Lucia.
10.30 Watersports
11.30 The World Rugby Show Rugby union round-up.
12 midnight Racemax **12.30am** Sports Unlimited **1.30** Watersports **2.30** The World Rugby Show **3.00** Fishing **3.30** Tennis **4.00** Legends of Darts **5.00–6.00am** Sporting Heroes

Sky Sports 4

Sky 404 Virgin 514 HD Virgin 504

6.00am Wonderful World of Golf **7.30** Sporting Greats (AD) **8.00** US Tour Golf **11.00** US Senior Open Golf
3.00pm PGA Tour Classic: the 1995 staging of the Tradition at Scottsdale **4.00** Wonderful World of Golf (AD) **5.30** Tennis: ATP news
6.00 LIVE US Senior Open Golf Round two of the US Senior Open at the Scioto Country Club in Ohio.
10.00 LIVE US Tour Golf The John Deere Classic, round two at TPC Deere Run in Silvis, Illinois.
1.00am Sporting Greats (AD) **1.30** Wonderful World of Golf (AD) **3.00–6.00am** US Tour Golf

BT Sport 2

Sky 417 Virgin 532 BT 409 HD Virgin 528 BT 431

6.00am World Sport **6.30** Last Week, This Week **6.45** Motor Racing **7.45** MotoGP Rewind
8.00 LIVE MotoGP First practice for the Grand Prix of Austria; **12 noon** LIve second practice.
3.00pm Scottish Cup Football **6.00** Bowls **7.00** Premier League Preview
7.30 LIVE German Football Fortuna Düsseldorf v VfB Stuttgart.
9.30 German Football **11.00** Rand University (AD) **12 midnight** UFC
1.00am Scottish Cup Football
2.30 World Sport **3.00–5.00am** Australian Rules Football

Sky Sports 5

Sky 405 Virgin 515 BT Vision+ 406 HD Virgin 505

6.00am Football's Greatest Players (AD) **9.00** Major League Soccer **11.00** Football's Greatest Players (AD)
12.30pm Major League Soccer
1.00 Football's Greatest Players Four editions. (AD)
3.00 Spanish Football Gold (AD)
4.00 Wrestling WWE Raw.
6.00 Football's Greatest Players Four editions. (AD)
8.00 Test Cricket
10.00 Wrestling WWE grappling.
1.00am Spanish Football Gold (AD) **2.00** Major League Soccer **2.30** Football's Greatest Players (AD) **4.30** Major League Soccer **5.00–6.00am** Spanish Football Gold (AD)

Eurosport 1

Sky 410 Virgin 523 BT 412 HD Virgin 521 BT 435

7.20am Going for Gold **7.25** Triathlon: the Challenge Wanaka **7.55** Going for Gold **8.00** Cycling **9.30** Tennis: the ATP Atlanta Open semi-finals **11.00** Cycling
12 noon LIVE Cycling Stage two of the Arctic Race of Norway, featuring a 198.5km course from Mo i Rana to Sandnessjoen.
5.00pm Triathlon: coverage of the inaugural Swansea City Centre Triathlon **5.30** Cycling **7.00** Going for Gold **7.15** News **7.20** British Superbikes **8.20** News **8.25** Going for Gold **8.30** Triathlon **9.00pm** Cycling **12.45am** News **12.55–1.00am** Going for Gold

BT Sport 3

Sky 414 Virgin 533 BT 410 HD Virgin 529 BT 432

6.00am French Football **11.30** World Sport **12 noon** USA Game of the Week **2.00am** Angling **3.00** Premier League World **3.30** German Football **5.00** Premier League Preview **5.30** Premier League Football **7.00** Australian Rules Football **9.00** World Sport **9.30** Sailing **10.00** Motor Racing **11.00** Angling **12 midnight** French Football **1.30am** German Football **3.00** USA Game of the Week **5.00–6.00am** Bowls

Eurosport 2

Sky 411 Virgin 524 BT 413 HD Virgin 522 BT 436

7.30am Watts **8.30** Cycling **10.30** Snooker: the Welsh Open **12.30pm** Cycling **1.55** Eurosport News **2.00** Tennis: French Open: a review of the tournament **3.00** Tennis: the quarter-finals of the ATP Los Cabos Open **7.00** Tennis: US Open: last year's men's final, Djokovic v Federer **8.00** Cycling: the Arctic Race of Norway **9.00** Tennis **11.00** News **11.05** Going for Gold **11.15** Football's Greatest **12.15am** Going for Gold **12.20** Motorcycling **12.30–5.15am** News

BT Sport//ESPN

Sky 426 Virgin 534 BT 411 HD Virgin 530 BT 433

6.00am Pardon the Interruption/ Around the Horn **8.00** American Football **8.30** Major League Baseball **11.30** Around the Horn
12 noon ESPN FC **12.30pm** Pardon the Interruption **1.00** American Football **3.30** Major League Baseball **6.30** ESPN FC **7.00** Last Week, This Week
7.15 LIVE Major League Baseball Chicago Cubs v St Louis Cardinals.
10.15 Last Week, This Week **10.30** World Sport **11.00** Major League Baseball **11.30** American Football
12 midnight Last Week, This Week
12.30am LIVE American Football Toronto Argonauts v Winnipeg Blue Bombers (kick-off **12.30**).
3.30–6.00am Baseball

Gardening Spice up your borders, says Joe Swift Your RT P142

My best film music

From James Bond to *Jungle Book* to *Jaws*, movie scores are for life, says *RT* film editor **Andrew Collins**

The tagline from *Jaws the Revenge* goes, "This time... it's personal." But our love of movie music is always personal. I interviewed actor and writer Simon Pegg recently for *Saturday Night at the Movies*, the dedicated film score show I present on Classic FM (5pm), and we bonded over our shared generational memory of seeing the famous title crawl from the first *Star Wars* film ("A long time ago in a galaxy far, far away...") back in 1978 when it hit provincial UK cinemas. He was eight, I was 12, and the moment was made all the more powerful by the stirring fanfare by John Williams that accompanied it. "I think it's more than 50 per cent of the effect of the film," he enthused.

The first score to get inside my head was John Barry's urgent stylings for *Dr No*. My first soundtrack LP was *The Jungle Book*, jam-packed with great singalongs by the Sherman brothers and Terry Gilkyson such as *The Bare Necessities*, *That's What Friends Are For* and *Colonel Hathi's March*. When the music is as persuasively catchy as a fulsomely orchestrated Bond theme or a contagious military march like *The Dam Busters* by Eric Coates, it can lodge a film in your head for ever. The question, "Are you ready to go back to *Titanic*?" becomes rhetorical when you hear the uilleann pipes of James Horner's *Never an Absolution* from his Oscar-winning score, accompanying the celestial voice of Norwegian singer Sissel Kyrkjebo, a mermaid calling from the depths. You're bound to have your own Proustian musical moments: emotionally charged mergers of sound and vision, music and memory.

'Simon Pegg and I bonded over seeing *Star Wars* in 1978'

Movie scores are my classical music, as legitimate an art form as opera or ballet, in which film composing has its roots. Every year on Classic FM we ask listeners to vote for their favourite three scores and are greeted with a tidal wave of passionate partiality. The collated results become the Movie Music Hall of Fame. Last year, I chose Bernard Herrmann's haunting score for *Vertigo*, Michael Nyman's choppy piano-led accompaniment for *A Zed and Two Noughts* and the mighty *Zulu* by John Barry (those drums!).

Like anybody, my favourite scores constantly shift and reshuffle, not least because of that emotional connection. Filling two hours a week with themes, end titles, cues, suites, overtures, fugues, scherzos and extracts from movie scores, 52 weeks a year, has broadened my palate, consolidating my love for the torrid melodramas of the 1930s and 40s (the likes of Max Steiner, Dimitri Tiomkin and Alfred Newman), and deepening my appreciation of more experimental modern composers like Clint Mansell (*Moon, Noah, High-Rise*), Steven Price (*Gravity*) and Carter Burwell (most recently, *Hail, Caesar!*, an affectionate pastiche of Hollywood's golden era).

I've also become a sucker for the poundingly percussive bombast of Hans Zimmer, who brings artistry as well as flat-out noise to blockbusters like *The Dark Knight, Inception* and *Interstellar*. You can see my three choices for the Movie Music Hall of Fame 2016 (right).

The outcome is in your hands. Can Howard Shore's epic *The Lord of the Rings* trilogy be unseated from the top spot after six years? Will it be the turn of *Star Wars*, currently at number four, but likely to be boosted since the arrival of *Episode VII: the Force Awakens*? *Schindler's List* (Williams again) and *Out of Africa* (John Barry) always do well, Hans Zimmer's combined pair of *Pirates of the Caribbean* scores climbed 23 places last year, and don't discount *Ladies in Lavender* by British composer Nigel Hess, which sits above *Gone with the Wind* and *The Magnificent Seven*!

I wouldn't put money on *Jaws the Revenge*, but you never know.

MY TOP 3

***Spellbound* by Miklos Rozsa**
The score for Hitchcock's thriller is torrid and suspenseful – and it contains a theremin!

***The Conversation* by David Shire**
A minimal, focused, jazz approach to Francis Coppola's Watergate-era thriller – its electronic distortions suggest paranoia and danger.

***Inception* by Hans Zimmer**
Best known for his pounding, percussive themes, this intergalactic space mission is quieter, more emotional and human.

The Classic FM hosts' top film scores

ALAN TITCHMARSH
***Pride and Prejudice* by Dario Marianelli**
It's the most wonderfully evocative music and conjures up images of Jane Austen's Hampshire so well. *(Saturday 7am)*

ALED JONES
***Schindler's List* by John Williams**
It's achingly beautiful, one of the most heart-wrenching tunes in all cinema. *(Sunday 7am)*

ALEXANDER ARMSTRONG
***Murder on the Orient Express* by Richard Rodney Bennett**
The horror of the early murder episode is easily the scariest score I know but then it soars with such exhilaration and power. *(Saturday, Sunday 1pm)*

CHARLOTTE GREEN
***Doctor Zhivago* by Maurice Jarre**
Whenever I hear *Lara's Theme*, I immediately think of the deep and ultimately doomed love between Yuri and Lara, memorably portrayed by two physically beautiful actors, Omar Sharif and Julie Christie. *(Sunday 3pm)*

ANNE-MARIE MINHALL
***Love Actually* by Craig Armstrong**
I have to watch myself whenever I play *Glasgow Love Theme* on Classic FM because right away I'm transported back to this film and there's a danger of welling up on air! *(A Day in the Life, Saturday 9pm; afternoon show, weekdays 1pm)*

MYLEENE KLASS
***ET the Extra-Terrestrial* by John Williams**
Every time I hear the soundtrack played, it transports me to the magical time I first watched *ET* as a child. It had a huge impact. *(Smooth Classics, Saturday 10pm)*

NICHOLAS OWEN
***The Magnificent Seven* by Elmer Bernstein**
From the opening bars, the scene is well and truly set. The dust, the heat, the arid landscape, the heroes riding to the rescue of villagers menaced by bandits... *(Saturday 3pm)*

More choices at radiotimes.com/classicfmmoviehall

Vote for your favourite film score at classicfm.com/movies2016

PICK OF THE WEEK

BY **JANE ANDERSON**

Drama: The Clintons
Saturday 2.30pm ***Radio 4 FM***

Sex scandal and the Clintons: the name that first springs to mind is likely to be Monica Lewinsky and *that* dress. But travel back to 1991 and Bill Clinton (below, with wife Hillary), the little-known Governor of Arkansas, is on the verge of making his name in the Democratic Presidential Primaries – until Gennifer Flowers surfaces and claims that she's had a 12-year affair with him.

Enter Hillary Rodham Clinton, guns blazing, and with more fiery ambition than her husband and his entire campaign team put together. She doesn't just want her husband to win the forthcoming Primaries – she wants them to be installed in the White House. And this slutty flibbertigibbet is not going to upset Hillary's plans.

She insists that her husband comes out fighting. Not just to their Arkansas followers, but before a television audience of over 100 million people, in an interview straight after the Super Bowl.

As recent events have shown us, Hillary Clinton is one determined woman and this play – the first of three looking at the life and political careers of this dynamic duo – is an excellent introduction to the psychology of the woman who may well be the next President of the United States.

AMBRIDGE DIARY

The Archers this week...

Isn't it infuriating how loads of people can suddenly see Rob for who he is, whereas six months ago – when Helen needed help – he was still being treated as a fine upstanding citizen? This week, Rob is snubbed by key members of the cricket team, which leads him to respond in kind and show Adam his true colours once again. Then there's Emma, who's finding Rob's double standards regarding Henry taxing. A phone conversation causes her even more consternation.

Thankfully, Helen is feeling more upbeat, but Anna's attempts to build a case are frustrated by Helen only going so far with her recollections. Will pursuing matters from a different angle prove fruitful? **DAVID BROWN**

GETTY; KOBAL; ALLSTAR

RT *Travel*

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- Visit to Ronda
- Escorted by our experienced tour manager

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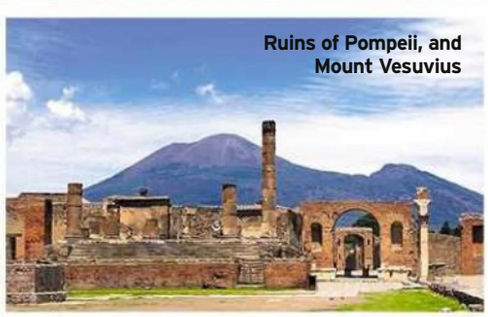

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Eddie Mair

Simply unmissable

My late-night miracle – and a mistake

THERE'S ONLY ONE Andrew Neil, as I believe they still chant on the terraces at St Mirren. So standing in for him recently on BBC1's *This Week* was a daunting task. If you haven't seen it, and even if you have, it's a political talk show that doesn't take itself too seriously. There are oodles of in-jokes, strange Twitter hashtags for guests, wilfully hammy opening credits, and a powerful sense that perhaps most of the audience is drunk. Andrew is at the centre of it all, growling, provoking and teasing. Sometimes his dog growls, too.

I always watch it on catch-up so the lateness of the live broadcast didn't really hit me until, well, I was sitting on the set at two hours past my regular bedtime, waiting for the opening credits to roll. Who has to pretend to be awake at this hour?

It is a lark, though. The opening credits had a *Star Trek* theme in honour of the new film. For reasons that escape me now, I had to be seen in a *Star Trek* T-shirt, swigging from a bottle of gold Blue Nun, while pretending to judder, as you do in space. There's talk of a Bafta nod, but for me the work is its own reward.

Andrew wasn't far away, even though he was. He popped up in film form from the US, and at the last minute a plan was hatched to have his face appear on the sofa next to me, on a small TV. Just before airtime there was some fiddling to get the TV to stay upright. Andrew's face was on two red cushions and the telly was propped up by a china teapot round the back of the screen. Michael Portillo thought that perhaps Andrew was leaning a bit to the right, but I think it was straight enough on screen.

'Michael Portillo thought Andrew Neil was leaning a bit to the right'

Before, during and after the show was relaxed and convivial. Warm hellos from the regular guests as they arrived, gossiping in huddles about politics and, in the case of the SNP MP John Nicolson, his splendid home renovations.

Pre-show catering extended to salted peanuts, but afterwards some chocolates and wine to mark the end of the series. I hadn't caused that – it was just the last one before recess. It will be back in the autumn: give it a whirl.

Perhaps I can blame being tired from *This Week* for an especially ghastly mistake on *PM* the following night. Throughout the programme: introducing the news bulletins at 5 and 5.30, and the headlines at 5.15, I intoned that Luke Tuddenham was reading the news. He wasn't. The news was being read – superbly as always – by Howard Philpott.

HERE'S THE CLASSY thing about Howard. Although he would have been entitled to say on air: "Ahem, it's not Luke, it's Howard," he didn't: he read the news without saying a word about my rude mistake. It was all my fault. The name Howard Philpott was in the script, but somehow I'd written Luke's name in my usual fail-safe way on a piece of paper in front of me, and so introduced Luke every time.

It was only when another Radio 4 announcer, Neil Sleat, messaged me after the 5.30 summary on the internal computer system to gently point out my mistake that I realised. I'm such a prat. I apologised profusely to Howard, who waved away my protestations. Not sure I would have been so generous. Here's to you Howard: a professional, having to put up with an amateur.

Eddie Mair presents PM, Mon–Fri 5pm (Thu–Fri FM only) and iPM, Sat 5.45am, 5.30pm, both Radio 4

GETTY; REX

MY PEOPLE

BY **STUART MACONIE**

A LIKELY STORY

Apparently a misunderstanding soured the relationship between **Rodney Bewes** and James Bolam. This pains me greatly as, in the roles of Bob and Terry in *The Likely Lads*, they created the greatest comic pairing in sitcom history (I am not prepared to brook any discussion of this), with Bewes as the permanently affronted, aspirational Bob. "It's never not full in here", "Oh I didn't realise it was 'I Spy with my little x-ray eye'"... I will often drop Bob's best lines into conversation to the bafflement of the uninitiated. But connoisseurs will know that he also starred in *Dear Mother... Love Albert*, a whimsical hit-and-miss period piece with a brilliant psychedelic theme song co-written and sung by Bewes, which has had the occasional outing on my *Freak Zone* show. And will again next week now that I have thought about it.
(Al Murray, Saturday 10am Radio 2)

AL TURNS IT ON AGAIN

We share our Salford studio space with a piano, a couple of Vox amps and a full-size drum kit used by the live guests on Marc Riley's 6 Music show, which comes from the same room later in the evening. Occasionally I'll treat the team to some evocative Keith Jarrett-style improvising on the Joanna. And whenever comedian **Al Murray** drops by, he sits at the kit and treats us to a few rolls, flams, rim shots and paradiddles, being a pretty decent drummer. If Genesis – of whom he is hugely enthusiastic – happen to be on the turntable at the time, so much the louder.
(Al Murray, Saturday 10am Radio 2)

A HARD DAY'S KNIGHT

A few years back, to mark the anniversary of its rapid-fire recording back in the day, a bunch of contemporary performers visited Abbey Road Studios to re-create the first Beatles album, *Please Please Me*, in the hallowed space where it had been originally committed to tape. I hosted it for a TV special that still does the rounds on BBC4. It was a fun day with plenty of highlights, such as Graham Coxon's charming *Baby It's You*. **Beverley Knight** brought proceedings to a thumping end with a big, soulful *Twist and Shout*. After Lennon had sung the original he reportedly soothed his shredded voice with honey, lemon and whisky. Beverley had a quick glass of shampoo and jumped in a car headed for Wolverhampton.
(Michael Ball, Sunday 11am Radio 2)

SATURDAY Radio

Today's Choices

REX

Jesus Christ Superstar

9.00am ***Radio 4 Extra***

The premiere of Andrew Lloyd Webber and Tim Rice's rock opera in 1971 was overshadowed by religious protests – even the BBC did its bit for public morals by banning it. But the work has endured and spawned many versions, some good, some a bit dubious – most notably the overblown 2012 arena tour that drew snitty criticism for the stunt casting of the then Radio 1 presenter Chris Moyles as Herod. In this version, recorded for Radio 2 in 1996, the unlikely figure of Spandau Ballet's Tony Hadley (above, as he was then) plays Christ. The Who's Roger Daltrey, who knows his way around a rock opera, plays Judas, while Frances Ruffelle, who knows her way around musicals having won a Tony for *Les Misérables* in 1987, plays Mary Magdalene. **TONY PETERS**

BBC Proms 2016

7.30pm ***Radio 3***

It's the music of the spheres from the brilliant young musicians of the National Youth Orchestra of Great Britain and conductor Edward Gardner. Richard Strauss's mighty tone poem *Also sprach Zarathustra* was inspired by Nietzsche's Superman philosophy and was famously used by Stanley Kubrick to explore a wider universe in his film *2001: A Space Odyssey*. And Holst's *The Planets* is an evocative inter-planetary guide that mirrored the composer's own astronomical interests. Iris ter Schiphorst's *Gravitational Waves*, commissioned to complement *The Planets*, receives its London premiere. **DAVID GILLARD**

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News on the half-hour 7.30am–5.30pm

6.00am Yasser In for Dev.

10.00 Matt Edmondson

1.00pm Alice Levine
With chart hits and chat.

4.00 Radio 1's Dance Anthems
The show comes live from Ibiza, presented by Danny Howard.

7.00 as 1Xtra 11-hour simulcast.

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

6.00am Ace Music and chat.

10.00 Nick Bright Urban tracks.

1.00pm Jamz Supernova
With the latest neo-R&B.

4.00 Twin B

7.00 MistaJam Tunes and guests.

10.00 Charlie Sloth Hip-hop.

1.00am DJ Target New talent.

4.00 Diplo and Friends

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **Weather** on the hour, plus 6.30 and 7.30am

6.00am Anneka Rice
Music, chat and listeners' input.

8.05 Sounds of the 60s
Veteran disc jockey Brian Matthew shares music trivia and spins 1960s singles and LP cuts. Today's playlist includes discs by the Shadows, Spanky and Our Gang, the Troggs and Donovan. Repeated tomorrow 3am

10.00 Al Murray
1/2. First of two broadcasts from the Edinburgh Festival, with guests including Australian musical comedy act the Doug Anthony All Stars, former *Likely Lads* star Rodney Bewes, London-based German stand-up Henning Wehn and Hollywood character actress Mary-Lynn Rajskub (*The Larry Sanders Show, 24, Julie & Julia*). And comedian, interviewer and former political adviser Matt Ford discusses his new show.
Producer Mark Simpson
Radio feature: p117; See also p119

1.00pm Pick of the Pops
Paul Gambaccini counts down pop charts from this week in 1970 and 1981, with most of the Top 20, including nostalgia-inducing radio hits by Mungo Jerry, Free, the Specials, Abba and many others.
Repeated Wednesday 3am

3.00 Dermot O'Leary
Indie-minded show, today with live sessions from chart conqueror Will Young, indie-pop star Tom Odell and genre-straddling Australian singer/songwriter Matt Corby.

6.00 Liza Tarbuck
With a personal and eclectic pick of mostly 20th-century pop oldies, plus responses to listeners' texts.

8.00 Trevor Nelson's Rhythm Nation
The urban music specialist shares his pick of original soul and R&B.

10.00 The Craig Charles House Party
Seven decades of funk, soul and neo-R&B. Repeated Thursday 3am

12.00 Alex Lester

3.00am Bob Harris
Americana, blues, folk and other genres, including music anniversaries and live sessions.

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** 7.00am, 8.00, 9.00, 1.00pm

7.00am Breakfast
Music, news and the occasional surprise, presented by Martin Handley.

9.00 Summer Record Review
Andrew McGregor plays an excerpt from Mendelssohn's *A Midsummer Night's Dream*.
Mendelssohn *A Midsummer Night's Dream (excerpt)*
Swedish Chamber Orchestra, conductor Thomas Dausgaard

9.30 Recordings by Proms composer Kurt Schwertsik, a pupil of Joseph Mark and Karlheinz Stockhausen.

11.00 Andrew talks to pianist Steven Osborne about his recent recordings including his latest disc of Beethoven *Piano Sonatas*.

11.45 Walton *Cello Concerto*
Steven Isserlis (cello), Philharmonia Orchestra, conducted by Paavo Jarvi
bbc.co.uk/programmes/b06w2121 EMAIL: recordreview@bbc.co.uk
Disc details are posted on the website

12.15pm New Generation Artists
Clemency Burton-Hill continues the series celebrating the music of the BBC's New Generation Artists, today focusing on Liverpool-born mezzo Kathryn Rudge and Russian pianist Pavel Kolesnikov. The Siberian musician performs alongside the Berlin-based Armida Quartet for a lyrical Piano Quintet by Dvorak.
Eric Coates *I heard you Singing*
Kathryn Rudge (mezzo), James Baillieu (piano)
Dvorak *Piano Quintet No 2 in A, Op 81*
Armida Quartet, Pavel Kolesnikov (piano)

1.00 Saturday Classics
Writer and comedian Josie Long – about to embark on a run at the Edinburgh Festival – introduces a selection of her favourite music to form an essential "Audio Survival Kit". Alongside works by Shostakovich, Rachmaninov, Chopin, Poulenc and Mahler, she includes folk musicians Andrew Bird and James Yorkston, and two folk harpists, Joanna Newsom and Serafina Steer.

3.00 Proms At: The Chapel, Old Royal Naval College
LIVE Sean Rafferty introduces the BBC Singers, in a performance of Rossini's *Petite Messe Solennelle* from the Chapel of the Old Royal Naval College in Greenwich, staged as part of the BBC Proms. The piece was described by its composer as "the last mortal sin of [his] old age". Despite its title, which translates as Little Solemn Mass, Rossini's work, which dates from 1863, is neither short nor solemn, and is heavily influenced by the music of the opera house – with elaborate choruses and dramatic, expressive solos.
Rossini *Petite Messe Solennelle*
Elizabeth Watts (soprano), Kathryn Rudge (mezzo), Peter Auty (tenor), James Platt (bass), Richard Pearce (harmonium) and Iain Farrington (piano), BBC Singers, conductor David Hill
Repeated Wednesday 2pm

5.00 Jazz Record Requests
Alyn Shipton with the full spectrum of jazz requests, introducing the Dave Brubeck Quartet's version of Duke Ellington's theme tune *Take the "A" Train*, written by Billy Strayhorn.
ADDRESS: *Jazz Record Requests*, BBC Radio 3, Broadcasting House, London W1A 1AA EMAIL: jazz.record.requests@bbc.co.uk

6.00 Jazz Line-Up
Julian Joseph presents a performance by Pan Jumby, led by steel pan master Dudley Nesbitt, recorded in April at the *Jazz Line-Up* stage at the 2016 Gateshead International Jazz Festival.

7.30 BBC Proms 2016
RT Tom Redmond presents live from Royal Albert Hall. The CBSO Youth Chorus and the National Youth Orchestra of Great Britain perform popular works by Holst and Strauss, and a new work by Iris ter Schiphorst. Before the Holst, at **8.15**, **Proms Extra** in which Stephen Baxter discusses writing a sequel to *The War of The Worlds*, and Dr Sarah Dillon talks about HG Wells, time, and space with presenter and New Generation Thinker Dr Will Abberley.
Iris ter Schiphorst *Gravitational Waves (BBC co-commission with the National Youth Orchestra of Great Britain)*
Richard Strauss *Also sprach Zarathustra*
Holst *The Planets*
Colin Matthews *Pluto, the Renewer*
CBSO Youth Chorus, National Youth Orchestra of Great Britain, conducted by Edward Gardner
Repeated Monday 15 August 2pm

10.15 Hear and Now
Tom McKinney introduces a concert of music by Australian composers performed by the BBC Symphony Orchestra conducted by Brett Dean, recorded at Maida Vale studios. Plus the latest in a series of **Modern Muses**, with Australian-born composer Kate Moore and cellist Ashley Bathgate.

12.00 Geoffrey Smith's Jazz
A profile of cult Oklahoma-born trumpeter and singer Chet Baker (1929–88), who won acclaim while fighting a lifelong battle with drug addiction.

1.00am Through the Night With Catriona Young. **1.01 Zelenka** *Requiem Mass in D, ZWV46* **Handel** *Dixit Dominus, HWV232* Hana Blazikova (soprano), Alena Hellerova (soprano), Kamila Mazalova (contralto), Vaclav Cizek (tenor), Tomas Kral (bass), Jaromir Nosek (bass), Collegium Vocale 1704, Collegium 1704, conductor Vaclav Luks **2.17 Bach** *Viola da Gamba Sonata No 2 in D, BWV1028* **2.32 Prokofiev** *Violin Concerto No 2, Op 63* **3.01 Lipatti** *Fantasie, Op 8* **3.30 Bartok** *String Quartet No 1* **4.02 Nystroem** *Three Visions of the Sea* **4.13 Mendelssohn** *Overture: Meeresstille und glückliche Fahrt* **4.27 Schubert** *An den Mond, D259; Nähe des Geliebten, D162* **4.34 Vivaldi** *Violin Concerto in G minor, RV315 (L'Estate)* **4.43 Murcia** *Two Pieces (Codex de Saldívar)* **4.52 Alpaerts** *Salome's Dance of the Seven Veils* **5.01 Glazunov** *Albumblatt in D flat* **5.06 Natra** *Harp Sonatina* **5.13 Kilar** *Orawa* **5.22 Edward Pallasz** *Epitafium* **5.31 Visée** *Suite No 9 in D minor* **5.40 Zelenka** *Sinfonia concertante in A minor, ZWV189 (1st mvt)* **5.49 Beethoven** *Piano Sonata in F sharp, Op 78* **5.59 Dohnanyi** *Konzertstück in D, Op 12* **6.21 Rota** *Trio for clarinet, bassoon (orig cello) and piano* **6.38 Scriabin** *Le poème de l'extase*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Mary Anne Hobbs With Steve Mason.

10.00 The Huey Show Funk, punk and more.

1.00pm Liz Kershaw Guests and features.

3.00 Sister Bliss Sitting in for Gilles Peterson.

6.00 The Craig Charles Funk and Soul Show
With very special guest Duke Fakir (of the Four Tops).

9.00 Tom Robinson New music, guests and Radio 1 disc jockey Huw Stephens with music tips.

12.00 Stuart Maconie's Freakier Zone **See p119**

1.00am The Joy of 6 2.00 6 Music Recommends 3.00 Live Hour 4.00 The Rolling Stones Story *5/6* 1973 series. With Alexis Korner. **5.00 Chris Hawkins**

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

7.00am Sam Hughes 10.00 Paul Anthony 1.00pm RockBlock 2.00 Request Show With Murray J **6.00 Joe Elliott** Rptd Tuesday 9pm **7.00 Planet Rock of Ages** Rptd Wed 7pm **8.00 Mojo Rocks** Rptd Wed 8pm **10.00 New Rock Show 12.00 Blues Power** With Bernard Doherty Rptd Thu 9pm **1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

7.00am Alan Titchmarsh

10.00 Bill Turnbull With popular favourites.

1.00pm Alexander Armstrong

3.00 Nicholas Owen Classic FM favourites.

5.00 Saturday Night at the Movies
Andrew Collins marks the start of the Rio 2016 Olympic Games with music from sporting films, featuring highlights of scores by Oscar-nominated Bill Conti (*Rocky*), Oscar winner Vangelis (*Chariots of Fire*) and Hans Zimmer (*Rush*). **Radio Feature: p116**

7.00 Alex James's Date Night
Music anniversaries, including a new job for Bach in 1703, Rossini receiving France's highest honour, a moment of inspiration for Mendelssohn and Percy Grainger's marriage at the Hollywood Bowl.

9.00 A Day in the Life with Anne-Marie Minhall
Anne-Marie Minhall with speculative details of the day-to-day lives of major composers. She continues with Elgar, from his vigorous moustache-trimming routine to his love of letter-writing.

10.00 Smooth Classics With Myleene Klass.
1.00am Katie Breathwick 4.00 Jane Jones

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News 5.30am, 6.00 and hourly to 10.00 (*FM/LW*), 11.00 and hourly to 6.00pm (*FM*), 7.00 and hourly to 12 midnight (*FM/LW*)
Weather 6.04am, 6.57, 7.57, 12.57pm (*FM*), 5.57 (*FM*), 9.59, 12.29am
Shipping Forecasts 5.20am, 12.01pm (*LW*), 5.54, 12.48am

5.30am News Briefing

5.43 Prayer for the Day
Pause for reflection with the Rev Dr Bert Tosh.

5.45 iPM *PM*'s companion programme.
Producer Joanna Carr Extended repeat 5.30pm
Contact: bbc.co.uk/blogs/ipm or email: ipm@bbc.co.uk
Eddie Mair: page 119

6.00 News and Papers

6.07 Open Country
6/11. Helen Mark visits Orkney, home to seals, puffins, corncrakes and a number of species not commonly found elsewhere in the UK.
Repeated from Thursday

6.30 Farming Today This Week
The latest news about food, farming and the countryside.

7.00 Today
With Mishal Husain and Justin Webb.

7.25, 8.25 Sports News

7.48 Thought for the Day
With Dr Chetna Kang.

9.00 Saturday Live
People stories and droll discussion hosted by Aasmah Mir and Suzy Klein. Guests include Martin Fry, frontman of synthpop act ABC, who have just released *The Lexicon of Love II* – a sequel to their classic 1982 album *The Lexicon of Love*. Producer Louise Corley

10.30am–6.45pm* *LW*
Test Match Special
England v Pakistan
Commentary on day four of the Third Test in the four-match series, from Edgbaston.
**approximate times*
Commentary also available on 5 Live Sports Extra 10am

10.30 *FM* **Punt PI**
2/3 Steve Punt ventures into rural Essex to investigate the mysterious disappearance of actress Ada Constance Kent just before the outbreak of the Second World War.
Producer Paul Kobrak

11.00 *FM* **The Forum**
Living at the Edge: Life in Extreme Environments. Another programme from a series first broadcast on the World Service, with Bridget Kendall joined by Nasa astrobiologist Lynn Rothschild, Natural History Museum curator Oliver Crimmen and explorer Rosie Stancer to discuss extreme living and what it reveals, from human exploration to deep-sea fish and synthetic biology.
Producer Chris Wilson

11.30 *FM* **From Our Own Correspondent**
Kate Adie with reports from across the globe.
Producers Richard Vadon and Tony Grant

12.04pm *FM* **Your Money and Your Life**
2/4. **30-somethings.** Louise Cooper looks at the generation who are settling down in their 30s, in the process of establishing a career, getting married, buying a home and having children, but also facing more job insecurity and potential for relationship breakdown.
Producer Ruth Alexander; Editor Andrew Smith
Repeated tomorrow 9pm and Wednesday 3pm

12.30 *FM* **The Museum of Curiosity**
2/6. With comedian Janey Godley, astrobiologist Milton Wainwright and Slipknot lead singer Corey Taylor. Repeated from yesterday

1.00 *FM* **News**

1.10 *FM* **Any Questions?**
From the BBC Radio Theatre in London, with Jonathan Dimbleby in the chair and writer and philosopher Alain de Botton among the panellists.
Producer Robin Markwell Repeated from yesterday

2.00 *FM* **Any Answers?**
Phone-in responding to *Any Questions?*
PHONE: 0370 010 0444 Lines open from 12.30pm email: any.answers@bbc.co.uk

2.30 *FM* **Drama: The Clintons**
New series. 1/3. **Heck, Don't Vote for Him**
Fenella Woolgar and Corey Johnson star as Hillary Rodham and Bill Clinton in Jonathan Myerson's drama – the first of three works capturing key moments in the lives and careers of America's ultimate power couple. In Arkansas in 1991, Governor Bill Clinton launches his campaign to become Democratic presidential candidate. As Gennifer Flowers emerges with claims she had a 12-year affair with him, Hillary leaps to his defence.

Hillary Rodham **Fenella Woolgar** James Carville **Jason Barnett**
Bill Clinton **Corey Johnson** George Stephanopoulos **Tom Forrister**
Steve Kroft/Dick Morris **Kerry Shale** Secretary **Clare Perkins**
Betsey Wright **Laurel Lefkow**
Producer/director Jonquil Panting

3.15 *FM* **A Guide to Coastal Wildlife**
1/5. Brett Westwood and Phil Gates offer an insight into some of Britain's commonest and most curious coastal wildlife, beginning with the creatures most likely to be found in rock pools.
Producer Sarah Blunt (R)

3.30 *FM* **Marc Riley's Musical Time Machine**
2/3. The 6 Music presenter unearths two more gems from the BBC's archives, with the focus on punk: a 1983 interview in which the impresario and one-time Sex Pistols manager Malcolm McLaren talks to David "Kid" Jensen, and one from 1989 in which the Pistols' John Lydon (aka Johnny Rotten) talks to Roger Scott.
Repeated from Tuesday

4.00 *FM* **Weekend Woman's Hour**
Presented by Jane Garvey.
Producer Alice Feinstein EMAIL: womanshour@bbc.co.uk

5.00 *FM* **Saturday PM** With Caroline Wyatt.

5.30 *FM* **iPM** Extended repeat from 5.45am

6.00 *FM* **Six o'Clock News**

6.15 Loose Ends *FM only from 6.45*
Novelist Dreda Say Mitchell, singer Beverley Knight and folk-rock duo Slow Club join Clive Anderson for spirited and topical conversation. Producer Cathie Mahoney

7.00 Profile
An insight into a person making the headlines.
Repeated tomorrow 5.45am and 5.40pm

7.15 Saturday Review
Cultural highlights under discussion include the new West End hit *Harry Potter and The Cursed Child*, written by Jack Thorne, and Janos Edelenyi's film *The Carer*. Sarah Crompton chairs, with panellists Bidisha, Rosie Goldsmith and Benedict Nightingale.
Producer Oliver Jones

8.00 Archive on 4: Tolkien: the Lost Recordings
Oxford academic Dr Stuart Lee revisits previously unbroadcast clips from a 1968 interview with *Lord of the Rings* author JRR Tolkien. The material was filmed as part of a BBC documentary *Tolkien in Oxford*. Narrated by Joss Ackland.
Producers Anna Scott-Brown and Adam Fowler

9.00 Drama: Reading Europe – Spain: Tomorrow in the Battle Think on Me
Michael Butt's adaptation of Madrid writer Javier Marías's 1994 novel. When the woman with whom he was about to begin an affair suddenly dies in his arms, Victor considers walking away – but is unable to resist delving into her dark secrets. Producer Eoin O'Callaghan (R)

Victor **Julian Rhind-Tutt** The King **Malcolm Sinclair/ Nickolas Grace**
Luisa **Emma Fielding**
Tellez **John Rowe**

10.00 News and Weather

10.15 Inside the Ethics Committee
1/3. A panel of experts including health professionals, religious leaders, philosophers and lawyers discuss whether food and water should be withdrawn from a young man left in a permanent vegetative state following a car crash. Repeated from Thursday

11.00 Counterpoint
7/13. Paul Gambaccini presents the seventh heat, with contestants from London and the New Forest. Repeated from Monday

11.30 How to Write a Poem
1/2. Glyn Maxwell leads a poetry masterclass – with help from actors playing some of history's greatest poets. Repeated from Sunday

12.00 News and Weather

12.30–12.45am The Keepers
Novelist Matt Haig depicts a world where the supremacy of humans has come to an end, as a man kept in a zoo ponders his existence, in the final story in a series of three sci-fi tales by different authors. Producer Gemma Jenkins (R)
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am A Woman of No Importance as 4pm
7.30 Electric Ride as 5.30pm
8.00 John Arlott: Cricket's Radical Voice as 3pm
9.00 CHOICE: Jesus Christ Superstar Michael Reed conducts the BBC Concert Orchestra in a revival of Andrew Lloyd Webber and Tim Rice's 1970 rock opera musical, starring Tony Hadley, Roger Daltrey, Frances Ruffelle, Julian Clary and others. From 1996
10.40 Desert Island Discs Revisited A 2004 edition with *Jesus Christ Superstar* lyricist Tim Rice
11.25 Musical Legends Roger Daltrey gets personal with Tom Morton. From 2011
11.55 Inheritance Tracks Comic treasure Julian Clary discusses Tchaikovsky and Noël Coward
12.00 A Whole New Ball Game 1994 comedy (1/4)
12.30pm The Little World of Don Camillo Peter Kerry's dramatisation of Giovanni Guareschi's 1948 tales set in an Italian village. With Alun Armstrong, Joss Ackland, John Moffatt and Shaun Prendergast (1/4)
1.00 Tinsel Girl and the Big Reunion Second series of the uplifting comedy drama about wheelchair user Maz. Written by Lou Ramsden, inspired by Cherylee Houston, who stars. (1–5/5)
2.10 Inheritance Tracks With stylist Nicky Clarke
2.15 In the Psychiatrist's Chair With former MP Anne Widdecombe. From 1997
3.00 John Arlott: Cricket's Radical Voice Profile of commentator John Arlott (1914–92). From 2012
4.00 A Woman of No Importance Adaptation of Oscar Wilde's 1893 play set at a country house party where a woman's secret is revealed. With Diana Rigg, Martin Jarvis and Annette Crosbie. From 1991
5.30 Electric Ride Peter Curran sets off on a trans-European journey, aiming to cover 4,500 miles in an electric car. From 2010 (1/4)
6.00 The Scarifyers – The Thirteen Hallows ***New series.*** Fantasy drama by Simon Barnard and Paul Morris, involving a connection between a haunted chess set and a magic horse. With David Warner, Terry Molloy and Gareth David-Lloyd (1/4)
6.30 Night Watch Ben Onwukwe and Philip Jackson star in Robin Brooks's dramatisation of the 29th of Terry Pratchett's *Discworld* comic fantasies (1/5)
7.00 Lynne Truss: Pick of the Archive Writer Lynne Truss with a pick of radio programmes from the BBC archive, from Tom Stoppard to Garrison Keillor
10.00–12.00 Comedy Club: 10.00 My Teenage Diary (2/4), at **10.30 Armando Iannucci's Charm Offensive** (4/6), at **10.55 The Comedy Club Interview**, at **11.00 The Mary Whitehouse Experience** (4/9), and at **11.30 2525** (4/6)
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 1pm **2.10** as 2.10pm **2.15** as 2.15pm **3.00** as 3pm **4.00** as 4pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am News **5.05** The World This Week **5.30** Boston Calling **6.00** Weekend **7.30** Weekend Sport from Rio **8.30** The Food Chain **9.00** News **9.05** The History Hour **10.00** Sports Hour **11.00** Newshour Extra **12.00** News **12.05pm** The World This Week **12.30** The Cultural Frontline **1.00** Newshour **2.00** News **2.05** Music Extra: The Caribbean Musical Melting Pot **3.00** News **3.05** Sportsworld **4.00** News **4.05** Sportsworld: reports, interviews and analysis **5.00** News **5.05** Sportsworld from Rio **6.00** The Newsroom **6.30** Boston Calling **7.00** News **7.05** BBC Proms 2016 **8.00** News **8.05** The Cultural Frontline **8.30** Trending **8.50** Over to You: a chance for listeners to provide feedback on World Service programmes **9.00** Newshour **10.00** News **10.05** The Documentary: Grafitti – Paint and Protest **10.30** The Food Chain **11.00** News **11.05** The Science Hour **12.00** News **12.05am** The World This Week **12.30** The Conversation **1.00** News **1.05** The Newsroom **1.20** Sports News **1.30** Outlook **2.00** News **2.05** The History Hour **3.00** News **3.05** In the Balance: the global economy **3.30** Heart and Soul: Benedict Spinoza – a Philosopher for Our Time **4.00** News **4.05** World Book Club: Kiran Desai

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** bulletin every half-hour
Times vary during live sports coverage

5.00am 5 Live Science
With Chris Smith and Kat Arney.

6.00 5 Live Olympic Breakfast
Caroline Barker takes a look ahead to the first full day of action at the Olympic Games. Plus the day's news with Charlie Charlton.

9.00 The Danny Baker Show
Sports features, with fans and guests.

5 Live Sports Extra *Digital only*
10.00am–6.45pm Test Match Special England v Pakistan.

11.00 Fighting Talk
Josh Widdicombe hosts a special Olympic edition of the panel show.

12.00 5 Live Olympics
The first full day action at the Rio Olympics includes cycling – the men's road race, starting at **1.30** – and rowing, with Katherine Grainger and Vicky Thornley in the women's double sculls. There's also women's rugby sevens, men's gymnastics, judo, boxing and men's hockey, and at **5.00** Eleanor Oldroyd with coverage of judo, cycling, swimming and women's rugby sevens as Great Britain face Japan.

10.00 Stephen Nolan
The day's main news stories and interviews, plus updates from the Rio Olympic Games.

12.00 5 Live Olympics
Russell Fuller presents coverage of the swimming finals from the Olympic aquatics centre. Plus women's hockey as Great Britain take on Australia.

4.00am Up All Night
With Dotun Adebayo.

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927

6.00am Up the League
With Geoff Peters.
7.00 Georgie Bingham and Micky Quinn Sport news.
11.00 Jon Richardson and Matt Forde With the Warm Up.
1.00pm Saturday Scoreboard
6.00 Transfer Tavern
9.00 Season Ticket
12.00 Extra Time

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912

6.00am Guz Khan
10.00 Raj and Pablo
Bollywood previews, star interviews, film reviews and Mumbai gossip.
1.00pm Preeya Kalidas
3.00 The Official Asian Music Chart
6.00 Panjabi Hit Squad
Dee and Rav, with the latest hip-hop, Bollywood and bhangra anthems.
9.00 Kan D Man and DJ Limelight
Urban beats and guest DJs.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915

8.00am Frank Skinner
With punk, indie rock and more.
11.00 OJ Borg
3.00pm Rock 'n' Roll Football with Pete Donaldson
6.00 Request Show
With Claire Sturgess.
8.00 Absolute Classic Rock Party
11.00 Sarah Champion
4.00am Ben Burrell

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

Gardening Spice up your borders, says **Joe Swift** Your RT P142

SUNDAY Radio

Today's Choices

REX

Desert Island Discs Revisited

10.15am and 9.15pm ***Radio 4 Extra***

Sir Bradley Wiggins (above) has had an amazing ride over the past 10-plus years – Britain's first ever Tour de France winner, multi-gold medallist, hour world record-holder – and he's given his public a wonderful ride too. Sadly, it's nearly all over, his appearance at the Rio Olympics destined to be the last time we see him in serious competition. He bears comparison with Andy Murray in that he's a true great who's never played the media game, and I think people love him all the more as a result. But last year he agreed to go on *Desert Island Discs* and it's his absolute authenticity that comes over. And from Ian Dury to the Rolling Stones, the music's the real thing too.

SIMON O'HAGAN

Reading Europe: Italian Snapshots

7.45pm ***Radio 4***

The *Reading Europe* series continues with three short stories created by Italian writers in the past 15 years. This opening tale, *Journey in Red Shoes* by Simona Vinci, is about a single mother's train journey from Athens back to her home city of Bologna. She has bought all of her daughters a new pair of red shoes in the hope of impressing the family she has not seen for years. The older twins are delighted – both by their classic patent shoes and the fact that they are leaving behind a horrible life in Athens. But the youngest child will not stop weeping. Once the reason for her sadness is revealed the trip takes a far darker psychological turn.

JANE ANDERSON RADIO EDITOR

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901
News on the half-hour 7.30am–3.30pm

6.00am Yasser
10.00 Matt Edmondson
1.00pm Alice Levine
With chart hits and chat.
4.00 Cel Spellman
With Rizzle Kicks and Hacker T Dog.
7.00 Daniel P Carter
Rock, metal, hardcore and more.
10.00 Phil Taggart
Music and chat.
1.00am Monki House and grime.
4.00 Jordan North

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

6.00am Ace Listeners' requests.
10.00 Nick Bright
1.00pm Jamz Supernova
4.00 Sian Anderson
Sitting in for DJ Target.
7.00 David Rodigan Reggae.
9.00 Radio 1 and 1Xtra's Stories
10.00 DJ Edu Underground music.
1.00am Monki House and grime.
4.00 DJ Edu Underground music.

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902
News and **Weather** on the hour, plus 7.30am

6.00am The Sunday Hour
Frances Finn sits in for Diane Louise Jordan with religious music.
7.00 Good Morning Sunday
Spiritually minded discussion, plus popular music and guests, today featuring early-1990s hitmaker Chesney Hawkes (*The One and Only*).
9.05 Steve Wright's Sunday Love Songs Personal dedications.
11.00 The Michael Ball Show
Actor and singer Michael Ball (*Les Misérables*, *Hairspray*) with music and guests, featuring a live set by soul-inspired singer Beverley Knight.
See also Friday 8pm
Radio feature: p117 See also p119
1.00pm Elaine Paige on Sunday
Show tunes and film music, plus the latest stage and screen news.
3.00 Sounds of the 70s
Johnnie Walker with hits and LP cuts plus personal recollections and anecdotes from guests, today with writer, composer, performer and director Jude Alderson, who in the 1970s co-founded music theatre band the Sadista Sisters. She also played Ma Vicious in Alex Cox's 1986 biopic *Sid and Nancy*.
Repeated tomorrow 3am
5.00 Len Goodman
The *Strictly Come Dancing* head judge sits in for Paul O'Grady with popular music and chat.
7.00 Claudia Winkleman
Relaxed show with chat and music, including listeners' dedications.
9.00 Clare Teal
Big band and swing music from the 1920s to the present day, tonight with Scottish singer and broadcaster Stephen Duffy.
11.00 Don Black
9/13. The award-winning lyricist presents popular American and British standards and classics, mostly from the last century.
12.00 Alex Lester
3.00am Sounds of the 60s
Repeated from yesterday

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903
News and **weather** 7.00am, 8.00, 9.00, 1.00pm

7.00am Breakfast With Martin Handley.
9.00 Sunday Morning With James Jolly. This week's Proms spotlight features Finnish conductor Esa-Pekka Salonen. There's also nocturnal music from Ravel, Waxman, Bachelet and Duke Ellington. This week's American work is Samuel Barber's *Piano Concerto*, while Jolly's chosen British composer is Henry Purcell. See Tuesday 9am
12.00 Private Passions
New Jersey-born war correspondent Janine di Giovanni has spent more than two decades reporting from some of the most dangerous places on the planet. She discusses her fascinating job and her favourite music, with works by Humperdinck, Bach, Schubert, Mozart and Jimi Hendrix.
1.00pm BBC Proms Chamber Music
Pianist John Constable and actor and impressionist Alistair McGowan lead a cabaret of music and words celebrating influential composer Erik Satie (1866–1925), presented by Petroc Trelawny from Cadogan Hall in London. Featuring extracts from Satie's witty *Memoirs of an Amnesiac*. Alistair McGowan (actor), Jean Delescluse (singer), John Constable (piano) Rptd from Monday
2.00 The Early Music Show
Hannah French with a profile of Franco-Flemish composer Cipriano de Rore, to mark the 500th anniversary of his birth. Featuring recordings by Bruce Dickey, the Huelgas Ensemble, the Tallis Scholars, the Brabant Ensemble and Cinquecento Renaissance Vokal.
2.45 Choral Evensong
Recorded during the Southern Cathedrals Festival. Introit: Nachtlied (Reger). Responses: Rose Office. Hymn: O God, by Whose Almighty Plan (Surrey). Psalm: 119 vv81–104 (Cooke, Pye, Attwood). First Lesson: Isaiah 45 vv1–7. Canticles: Collegium Regale (Wood). Second Lesson: Ephesians 4 vv1–16. Anthem: In exitu Israel (S Wesley). Final Hymn: All My Hope on God Is Founded (*Michael*). Organ Voluntary: Symphony No 3 – first movement (Vierne). Organist and Master of the Choristers (at Chichester) Charles Harrison. Assistant Organist Timothy Ravalde. Repeated from Wednesday
3.45 BBC Proms 2016
LIVE From the Royal Albert Hall, Andrew McGregor presents music by Stravinsky and Tchaikovsky, and a new work by Helen Grime. Pavel Kolesnikov (piano), National Youth Orchestra of Scotland, conductor Ilan Volkov
Helen Grime *Two Eardley Pictures (II – Snow)* (BBC commission first performance)
Tchaikovsky *Piano Concerto No 2 in G, Op 44*
4.45 Proms Interval Samantha Spiro reads two tales by recently rediscovered satirical Russian writer Teffi (1872–1952): *One of Us* and *Subtly Worded*. One tale describes a case of mistaken identity, the other reveals some rather strange letters.
5.05 Stravinsky *Suite: The Firebird*
6.15 Words and Music
If We Should Fail? Exploring risk and failure, with poems by Emily Dickinson, Tennyson and TS Eliot read by Sylvestra Le Touzel and Peter Marinker. Plus music by Janacek, Delius, Gurney and Stravinsky.
EMAIL: wordsandmusic@bbc.co.uk; For details of the music and verse heard in this programme visit bbc.co.uk/radio3/wordsandmusic
7.30 BBC Proms 2016
LIVE From the Royal Albert Hall, Petroc Trelawny introduces the BBC Scottish Symphony Orchestra in performances of Prokofiev, Tchaikovsky and Stravinsky.
Kirill Gerstein (piano), BBC Scottish Symphony Orchestra, conductor Thomas Dausgaard
Prokofiev *Scythian Suite, Op 20*
Tchaikovsky *Piano Concerto No 1 in B flat minor, Op 23 (original version)*
8.30 Proms Extra Exploring Stravinsky's *The Rite of Spring*, Christopher Cook talks to Jonathan Cross, whose biography of the composer dissects the seminal 1913 ballet score.
8.50 Stravinsky *The Rite of Spring*
10.00 Drama on 3: Henceforward
By Alan Ayckbourn. Martin Jarvis directs this darkly prophetic comedy set sometime in the near future, about a composer whose only company is his beloved music, the ultra-modern recording devices that surround him, and a malfunctioning humanoid robot called NAN 300F.

Jerome	**Jared Harris**	Mervyn	**Derren Richardson**
Lupus	**Simon Templeman**	Geain, age 13	**Moira Quirk**
Zoe	**Sophie Winkleman**	Mrs Hope-Fitch	**Daisy Hydon**
Geain, age 9	**Rosa Calcraft**	Technician	**Matthew Wolf**
Corinna	**Joanne Whalley**		

Producer Rosalind Ayres (R)
12.00 New Generation Artists
A chance to hear the young Russian pianist Pavel Kolesnikov in a recording made especially for Radio 3 of Chopin's mighty Third Piano Sonata.
Chopin *Piano Sonata No 3 in B minor, Op 58*
Pavel Kolesnikov (piano)
12.30am Through the Night With Jonathan Swain. **Gade** *5 Songs, Op 13* **Sibelius** *Rakastava* **Nielsen** *3 Motets, Op 55* **1.12 Mendelssohn** *3 Psalms, Op 78; Denn er hat seinen Engeln befohlen (Elijah)* Danish National Vocal Ensemble, conductor Marcus Creed **1.36 Mendelssohn** *Violin Concerto in E minor* **2.01 Nielsen** *String Quartet No 1 in G minor, Op 13* **2.27 Nielsen, arr Danish String Quartet** *Mit hjerte altid vanker* **2.31 Strauss** *Oboe Concerto in D* **2.58 Eklund** *3 Poems about the Sea* **3.04 Debussy** *La mer* **3.32 Bach, arr Mozart** *Adagio and Fugue in G minor, BWV883* **3.38 Haydn** *Piano Sonata in B flat, H XVI 41* **3.49 Rossini** *Overture: The Barber of Seville* **3.57 Parry** *Lord, Let Me Know Mine End* **4.08 Beethoven** *Coriolan, Op 62* **4.16 Grieg** *Aase's Death (Peer Gynt: Suite No 1) (arr for harps)* **4.19 Handel** *As Cheers the Sun (Joshua)* **4.23 Mozart, arr Kocsis** *Rondo in E flat, K371* **4.31 Handel, orch Mozart** *Overture and Prelude, Act 2: Acis and Galatea* **4.41 Bach** *Sinfonia (Cantata No 209: Non sa che sia dolore)* **4.47 CPE Bach** *Symphony in B flat, Wq182 No 2* **4.57 Mendelssohn** *Piano Concerto No 2 in D minor, Op 40* **5.22 Gesualdo** *Miserere* **5.32 Schubert** *Overture in D, D590* **5.41 Respighi** *Stornellatrice* **5.42 Strauss** *Ständchen* **5.46 Cabezon** *3 Pieces for Harp* **5.55 Suk** *Elégie, Op 23 (arr for piano trio)* **6.02 Schumann** *Carnaval, Op 9*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Mary Anne Hobbs New music.
10.00 Cerys Matthews Eclectic playlist and live sets.
1.00pm Katie Puckrik's Power Pop
2.00 Guy Garvey Old and new tunes. Rptd midnight
4.00 J Willgoose Esq's Sunday Service
6.00 Now Playing @6Music With Tom Robinson.
8.00 Stuart Maconie's Freak Zone **See p119**
10.00 Don Letts 12.00 Guy Garvey (R)
2.00am The BBC Introducing Mixtape 3.00 Live Hour Archive live performances by Simple Minds, the Cockney Rejects and the Style Council. **4.00 The Rolling Stones Story** *6/6.* **5.00 Elizabeth Alker**

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

7.00am Sam Hughes 10.00 The Hairy Rock Show Rptd Tue 7pm **12.00 Blues Power Sunday Brunch 1.00pm Request Show 5.00 Danny Bowes 7.00 My Planet Rocks 8.00 Sunday Set List 11.00 Amps Off** With Mark Collins **12.00 One Man and His Prog 1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

7.00am Aled Jones Classical music.
10.00 Bill Turnbull With popular favourites.
1.00pm Alexander Armstrong Uplifting music.
3.00 Charlotte Green
Music, chat and guests, today with Classic FM composer in residence Debbie Wiseman, who discusses her upcoming album *The Musical Zodiac*.
5.00 The Classic FM Chart With John Brunning.
7.00 David Mellor
A month-long showcase of summer-themed music continues with works by Lehar, Suk, Johann Strauss (son), Weinberger and Tomlinson.
9.00 Everything You Ever Wanted to Know about Classical Music
Catherine Bott explores the world of binaural recording, demonstrating what classical music sounds like in 3D, via the "dummy head recording" technique. She wanders round the Philharmonia Orchestra during a live performance.
10.00 Smooth Classics With Margherita Taylor.
1.00am Sam Pittis Classical music.

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News 5.30am, 6.00, 7.00, 8.00, 9.00 (*FM/LW*), 12 noon and hourly to 6.00pm (*FM*), 7.00 and hourly to 12 midnight (*FM/LW*)
Weather 6.57am, 7.57, 12.57pm (*FM*), 5.57 (*FM*), 9.59, 12.15am
Shipping Forecasts 5.20am, 12.01pm (*LW*), 5.54, 12.48am

5.30am News Briefing
5.43 Bells on Sunday
The morning bells from the Monastery of the Transfiguration in Solovosky.
5.45 Profile Repeated from yesterday 7pm
6.00 News Summary
6.05 Something Understood
Counterpoint. Composer David Owen Norris explains the concept of musical counterpoint to Mark Tully, who looks at the metaphorical use of it in religion and literature, with examples from Bach, Palestrina and Gilbert and Sullivan. Producer Adam Fowler
6.35 On Your Farm: a Journey through the British Isles and Beyond
7/8. **Edible Flowers in Devon.** Sarah Swadling visits an organic farm in Devon that supplies edible flowers to restaurants.
Producers Dimitri Houtart and Andrew Dawes
7.00 News; Sunday Papers
7.10 Sunday
Religious and ethical news, presented by Edward Stourton. Producer Amanda Hancox
EMAIL: sunday@bbc.co.uk
7.55 Radio 4 Appeal
An appeal on behalf of MERU, by a mother who has been helped by the charity.
Producer Kate Howells Rptd 9.26pm and Thursday 3.27pm
Donations: Freepost BBC Radio 4 Appeal, marked MERU on the back of the envelope; Credit cards: Freephone 0800 404 8144; online via the Radio 4 website
8.00 News; Sunday Papers
8.10 Sunday Worship
Morning service recorded at the Keswick Convention, featuring author Emma Scrivener and soloist Yvonne Lyon. Producer Philip Billson
8.48 A Point of View
Reflections on a topical issue.
Repeated from Friday Repeated 11.50pm
8.58 Tweet of the Day
Great Skua. With Miranda Krestovnikoff. (R)
9.00 Broadcasting House
With Paddy O'Connell. Producer Joanna Carr
10.00 The Archers *FM only from 10.30*
Omnibus edition.

10.30am–6.15pm* *LW*
Test Match Special
England v Pakistan
Commentary on day five of the Third Test in the four-match series, from Edgbaston.
For details see yesterday **approximate times*
Coverage also on 5 Live Sports Extra from 10am

11.15 *FM* **Desert Island Discs**
Kirsty Young's castaway is cartoonist Michael Heath. Producer Cathy Drysdale Rptd Friday 9am
12.04pm *FM* **I'm Sorry I Haven't a Clue**
6/6. Barry Cryer, Sandi Toksvig, Miles Jupp and Richard Osman join Jack Dee.
Repeated from Monday
12.30 *FM* **The Food Programme**
The Strawberry Solstice. This was the summer when the UK's strawberry pickers embarked on a bigger crop than ever before. Sheila Dillon unravels the unlikely history of our favourite fruit. Producer Dan Saladino
Repeated tomorrow 3.30pm
1.00 *FM* **The World This Weekend**
Global news and analysis with Mark Mardell.
1.30 *FM* **Fantasy Festival**
New series. *1/3.* **Gillian Clarke**
Cultural figures devise a festival of their dreams, starting with poet Gillian Clarke, who imagines singer/songwriter Leonard Cohen, Shakespeare, poet Seamus Heaney, soprano Elin Manahan Thomas and architect Frank Lloyd Wright appearing at Voice in a Space, staged in a cave in Wales. Producer Rosie Boulton
2.00 *FM* **Gardeners' Question Time**
From the "potting shed" at the programme's Summer Garden Party at the Royal Botanic Garden in Edinburgh, where the team held a horticultural surgery, chaired by Eric Robson.
Producer Laurence Bassett Repeated from Friday
2.45 *FM* **The Listening Project**
Conversations between mothers and their children. Producer Marya Burgess
3.00 *FM* **Reading Europe: Italy – My Beautiful Friend**
RT *2/2.* Dramatisation by Timberlake Wertenbaker of Elena Ferrante's celebrated first book in her Neapolitan novels quartet Set in the 1950s, the story concerns the lifelong friendship of two girls growing up in a poor neighbourhood outside Naples. Translated by Ann Goldstein.
Lena **Monica Dolan** Lena (child) **Elisabeth McEvilly**
Lila **Anastasia Hille** Lena (adolescent) **Daisy Tompkinson**
Lila (child) **Grace Wingate**
Lila (adolescent) **Chloe Harris**
Producer/Director Celia de Wolff
4.00 *FM* **Bookclub**
James Naughtie and a group of readers talk to Anglo-Australian author Evie Wyld about her debut novel *After the Fire, a Still Small Voice*, set on the coast of Queensland and centering on three men from different generations.
Producer Dymphna Flynn Repeated Thursday 3.30pm
RT BOOKS all of Radio 4's featured books are available from radiotimes.com/bookshop
4.30 *FM* **How to Write a Poem**
2/2. Glyn Maxwell leads a poetry masterclass, with help from actors playing Emily Dickinson and Lord Byron, and three students sharing their own works in progress.
Producers Mair Bosworth and Chris Ledgard
Repeated Saturday 11.30pm
5.00 *FM* **Malawi's Big Charity Secret**
Simon Cox investigates DAPP, one of Malawi's biggest charities, which receives millions in international aid but is run by a secretive and controversial Danish organisation.
Repeated from Tuesday
5.40 *FM* **Profile** Repeated from 7pm
6.00 *FM* **Six o'Clock News**
6.15 Pick of the Week
Gerry Northam selects his highlights from the past seven days' radio. Producer Kevin Mousley
7.00 The Archers
Harrison doubts himself. Rob feels generous.
For cast see Friday Repeated tomorrow 2pm
Ambridge Diary: Page 115
7.15 *FM* **Sketchorama**
1/4. Sketch group showcase hosted by Isy Suttie featuring Twins Macabre, Massive Dad and the Penny Dreadfuls. Producer Gus Beattie (R)
7.45 Reading Europe: Italian Snapshots
New series. *1/3.* Stories exploring contemporary Italy, starting with Simona Vinci's *Journey in Red Shoes*, in which a single mother travelling back to her family in Bologna tries to discover why her youngest daughter has been crying for days. Translated by Minna Proctor and abridged by Jill Waters. Read by Carly Bawden and Lia Williams.
Producer Jill Waters
8.00 More or Less
2/6. Tim Harford with the programme that deconstructs the statistics that pepper all aspects of contemporary life. Rptd from Friday
8.30 Last Word
Matthew Bannister celebrates the lives of people who have recently died. Rptd from Friday
9.00 Your Money and Your Life
2/4. **30-somethings.** Louise Cooper looks at the generation who are settling down in their 30s, in the process of establishing a career.
Repeated from yesterday 12.04pm
9.26 Radio 4 Appeal Repeated from 7.55am
9.30 In Business
2/9. **Chattanooga – the High Speed City**
Peter Day visits Chattanooga, which in 2010 became the first city in America to enjoy internet access up to speeds of one gigabyte per second. Repeated from Thursday
10.00 The Westminster Hour
Political magazine with Carolyn Quinn.
Editor Terry Dignan
11.00 The Moth Radio Hour
9/13. **Two Weddings and a Prison Break**
Meg Bowles introduces stories about marriages, secrets and taking your chances.
Producer Jay Allison
11.50 A Point of View Repeated from 8.48am
12.00 News
12.15–12.45am Self's Search for Meaning
Will Self tackles the meaning of existence. (R)
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am The Professor as 1pm
7.15 A Dark History of British Gardening
7.30 Welcome to Our Village, Please Invade Carefully as 5.30pm
8.00 We're in Business 1960 comedy
8.30 Meet the Huggetts 1957 comedy
9.00 The Age of Bowie as 8pm
10.10 Inheritance Tracks as 9.10pm
10.15 CHOICE: Desert Island Discs as 9.15pm
11.00 The Moth Radio Hour as 7pm
12.00 We're in Business 1960 comedy
12.30pm Meet the Huggetts 1957 comedy
1.00 The Professor Adaptation by Rachel Joyce of Charlotte Brontë's posthumously published novel (1857) about a Yorkshireman escaping a dull life (1–5/10)
2.15 A Dark History of British Gardening Jenny Uglow on unfavourable aspects of gardening (1/5)
2.30 Reading Europe – Italy: The Parrots Satirical work by Filippo Bologna, in which three men battle it out for a coveted Italian literary award. Abridged by Richard Hamilton and read by Sam Rix, Anthony Head and Oliver Ford Davies (1–5/10)
3.45 Weeds Ruth Rendell's 1991 tale in which a poppy at a charity event has horrifying consequences
4.00 Theremin Melissa Murray's dramatised account of the life of Saint Petersburg-born Leon Theremin (1896–1993) , who invented the electronic musical instrument the theremin but also got caught up with the CIA and the KGB. From 2009
5.00 Contemporary American Poets With Daljit Nagra, featuring Louise Gluck and Charles Smic
5.30 Welcome to Our Village, Please Invade Carefully *1/4.* Julian Rhind-Tutt and Hattie Morahan in Eddie Robson's sitcom involving atypical aliens (1/4)
6.00 The Price of Fear Stanley Ellin's spine-chilling culinary tale *The Speciality of the House*
6.30 The Hitch-Hiker's Guide to the Galaxy Original first series of Douglas Adams's epic sci-fi comedy. With Simon Jones and others. From 1978 (2/6)
7.00 The Moth Radio Hour Members of the public tell their stories. With US comic Rachel Dratch (10/13)
8.00 The Age of Bowie Paul Morley reads his take on the formidable legacy of David Bowie (1–5/5)
9.10 Inheritance Tracks Pixie Lott discusses music
9.15 CHOICE: Desert Island Discs Revisited A 2015 edition with Olympic cyclist Bradley Wiggins
10.00–12 midnight Comedy Club: Welcome to Our Village, Please Invade Carefully (1/4), at **10.30 Fabulous** (6/6), at **10.45 Crème de la Crime** (3/6), at **11.00 Think the Unthinkable** (1/4), and at **11.30 The Young Postmen** (3/6)
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 1pm **2.15** as 2.15pm **2.30** as 2.30pm **3.45** as 3.45pm **4.00** as 4pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am News **5.05** The Inquiry **5.30** The Cultural Frontline **6.00** Weekend **7.30** Weekend Sport from Rio **8.30** Outlook **9.00** News **9.05** From Our Own Correspondent **9.30** Heart and Soul: Benedict Spinoza – a Philosopher for Our Time **10.00** News **10.05** The Compass: Destination Europe **10.30** Trending **10.50** Over to You **11.00** News **11.05** In the Balance **11.30** Boston Calling **12.00** News **12.05pm** BBC Proms 2016 **1.00** Newshour **2.00** News **2.05** World Book Club: Kiran Desai **3.00** News **3.05** The Arts Hour **4.00** News **4.05** Sportsworld **5.00** News **5.05** Sportsworld **6.00** News **6.05** Sportsworld from Rio **7.00** The Newsroom **7.30** Heart and Soul: Benedict Spinoza – a Philosopher for Our Time **8.00** News **8.05** Music Extra: The Caribbean Musical Melting Pot **9.00** Newshour **10.00** News **10.05** The History Hour **11.00** News **11.05** From Our Own Correspondent **11.30** In the Balance **12.00** The Newsroom **12.20am** Sports News **12.30** Boston Calling **1.00** News **1.05** World Business Report **1.30** The Food Chain **2.00** News **2.05** Today in Rio **2.50** Over to You **3.00** News **3.05** Hardtalk **3.30** The Why Factor **3.50** More or Less **4.00** News **4.05** Newsday **4.30** Newsday Sport from Rio

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** bulletin every half-hour
Times vary during live sports coverage
6.00am 5 Live Olympic Breakfast
9.00 Sportsweek
10.00 Will Gompertz's Heat Map
A fresh take on this week's arts.

5 Live Sports Extra *Digital only*
10.00am–6.45pm Test Match Special Commentary on day five of the Third Test in the four-match series between England and Pakistan, from Edgbaston.

11.00 Raising the Bar with Rob Rinder
3/6. The barrister examines terrorism law, with guests Sultana Tafadar, Professor Helen Fenwick, Naeem Mian and Imran Khan.
12.00 5 Live Olympics
Rowing coverage from Lake Lagoa. Plus build-up from Wembley to the FA Community Shield match between Leicester City and Manchester Utd.
4.00pm 5 Live Sport
Coverage from Wembley of the FA Community Shield between Leicester City and Manchester United (kick-off **4.00**). Plus updates from various Olympic events.
6.00 5 Live Olympics
The swimming heats and women's artistic gymnastic qualifying. Plus the women's cycling road race.
10.00 Stephen Nolan
12.00 5 Live Olympics
The swimming finals, which could see Adam Peaty in with a chance of a gold medal in the men's 100m breaststroke final.
4.00am Up All Night

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927

6.00am Fisherman's Blues
7.00 Georgie Bingham and Micky Quinn
11.00 Max Rushden
1.00pm Sunday Scoreboard
6.00 The Press Pass
With Ray Stubbs.
8.00 Howzat
10.00 My Sporting Life
1.00am Extra Time

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912
6.00am Harpz Kaur
10.00 Gagan Grewal
1.00pm Asian Network Presents
2.00 Ashanti Omkar
4.00 Saima Ajram Pakistani culture.
6.00 Dipps Bhamrah
Bhangra music and Punjabi culture, with vocalist Inderjit Nikku and folk music producer Tru Skool in the studio.
8.00 Nadia Ali Bengali culture.
10.00 Alpa Pandya
Gujarati culture.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915

8.00am Jason Manford
11.00 Sarah Champion
Mainstream, classic and indie rock and pop from across seven decades.
2.00pm George Godfrey
6.00 Request Show
Presented by Claire Sturgess.
8.00 Sunday Night Music Club
With Danielle Perry.
12.00 Chris Martin

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

Travel Magnificent marine life in the Highlands Your RT P144

MONDAY Radio

Today's Choices

REX

The Ideas That Make Us
1.45pm ***Radio 4***

The most eloquent and engaging of historians, Bettany Hughes (above) returns with another series on single-word ideas that originated in Ancient Greek culture and the effect they have upon our lives today. It's like being in an audio time machine, leaping from an ancient palace one moment to Nick Clegg talking animatedly about hubris at the next. The five single-word ideas for this new run are: character, harmony, narcissism, technology and the aforementioned hubris. She starts her journey today in a new archaeological excavation in Greece to see where these ideas were born and then explores the street markets, churches, offices and homes where they continue to morph and influence daily lives. And don't miss Wednesday's edition where Bettany talks about narcissism with Oscar Wilde's grandson. **JANE ANDERSON**

Graham Greene: Monsignor Quixote
10.45am/7.45pm ***Radio 4***

I'd have happily listened to the ever-delightful Bernard Cribbins reading from a car manual if it helped expedite his return to radio, but fortuitously, here he is – now 87 – as Father Quixote in Stephen Wyatt's lively adaptation of Graham Greene's pastiche of Cervantes's *Don Quixote*. Father Quixote is a parish priest who spars with Sancho – a communist ex-mayor played with aplomb by Philip Jackson – as they traverse post-Franco Spain. It's Marx versus Catholicism, with a hint of the Marx Brothers thrown in. **FATIMA HASAN**

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News on the half-hour 5.30am–4.30pm except 12.30pm, plus 7.00am, 8.00, 5.00pm and 10.00
Newsbeat 12.45pm and 5.45

6.30am Nick Grimshaw
10.00 Adele Roberts
Sitting in for Clara Amfo.
1.00pm Scott Mills
4.00 Greg James
7.00 Huw Stephens
Sitting in for Annie Mac.
9.00 Radio 1's Playlists
10.00 Phil Taggart
Sitting in for Huw Stephens.
1.00am Friction Drum 'n' bass.
4.00 Jordan North In for Adele Roberts.

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

7.00am A.Dot
10.00 Trevor Nelson
1.00pm Yasmin Evans
4.00 Charlie Sloth
Hip-hop and heavy hits.
7.00 MistaJam Tunes and guests.
10.00 Monki House and grime.
1.00am Friction Drum 'n' bass.

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **Weather** on the hour, plus 5.30am, 6.30, 7.30 and 8.30

5.00am Nicki Chapman
Sitting in for Vanessa Feltz.
6.30 Chris Evans
9.30 Ken Bruce
Including after **11.30** throughout the week **Tracks of My Years**, featuring – two a day – ten of the all-time favourite records of Texas-raised country-pop singer LeAnn Rimes. She starts with recordings by the Beatles and No Doubt.
12.00 Vanessa Feltz
Sitting in for Jeremy Vine.
2.00pm Steve Wright
5.00 Mark Goodier
Sitting in for Simon Mayo.
7.00 Paul Jones
R&B and blues, tonight featuring new recordings by Fred Chapellier and Roadhouse contrasted with classic sounds from Jimmy Witherspoon, Sterling Magee and Champion Jack Dupree.
8.00 Jo Whiley
New music and hip oldies, plus a pick of year's best album releases so far and also what can be expected for the second half of the year.
10.00 Nell's Angels
2/4. Anticipating the release of her new album *Bloom*, Brooklyn-raised singer/songwriter Nell Bryden celebrates female musicians from all genres who have influenced her, from Americana to urban pop. She continues with rock, featuring recordings by Blondie, Chryssie Hynde and Garbage, among others.
11.00 David Rodigan
2/6. The reggae and dancehall specialist spins hit and obscure roots and reggae recordings, from the 1960s to the present. Tonight's themed playlist focuses on instruments, with tracks by the Harry J All Stars, Prince Buster, the Sound Dimension, Lynn Taitt, Don Drummond and others.
12.00 Alex Lester
3.00am Sounds of the 70s (R)

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** Half-hourly 6.30–8.30am, 1pm, 5.00, 6.00
6.30am Breakfast With Clemency Burton-Hill.
9.00 Essential Classics With Rob Cowan.
My Favourite…Impromptus Rob introduces works based on improvisation and impulse.
9.30 A daily musical challenge.
10.00 With actress Jessica Hynes.
10.30 Music in Time Rob examines CPE Bach's *Sinfonia in B flat, Wq 182 No 2*.
10.45 The **Proms Artist of the Day** is the conductor Thomas Dausgaard.
Schubert *Overture: Die Zauberharfe* Swedish Chamber Orchestra, conductor Thomas Dausgaard
11.00 Edinburgh International Festival 2016
LIVE Donald Macleod presents the first of three weeks of concerts from the Queen's Hall in Edinburgh – a recital of lieder.
Mark Padmore (tenor), Kristian Bezuidenhout (fortepiano)
Beethoven *Mailied (Maigesang), Op 52 No 4; Neue Liebe, neues Leben, Op 75 No 2; Abendlied unterm gestirnten Himmel, WoO150; An die ferne Geliebte, Op 98*
11.30 Interval Copland's *Clarinet Concerto*, featuring Andreas Ottensamer and the Rotterdam Philharmonic Orchestra, conducted by Yannick Nézet-Séguin.
11.50 Schubert *Schwanengesang D957*
1.00pm BBC Proms Chamber Music
LIVE Petroc Trelawny presents a recital from Cadogan Hall celebrating the music of Kurt Weill and proponents of the "Third Viennese School".
Tobias Broström *Sputnik*
Weill *Songs, including from The Threepenny Opera and The Rise and Fall of the City of Mahagonny*
Kurt Schwertsik *Adieu Satie – excerpts*
HK Gruber *Three MOB Pieces* Hakan Hardenberger (trumpet), HK Gruber (voice), John Constable (piano), Mats Bergström (banjo/guitar), Claudia Buder (accordion), Academy of St Martin in the Fields
Repeated Sunday 14 August 1pm
2.00 Afternoon on 3 With Penny Gore.
BBC Proms 2016. Last Monday's Prom from the Royal Albert Hall. Presented by Tom Redmond. Christa Schönfeldinger (glass harmonica), Teodoro Anzellotti (accordion), Thomas Zehetmair (violin), BBC Philharmonic, conductor John Storgards
Jörg Widmann *Armonica (first UK performance)*
2.15 Schumann *Violin Concerto in D minor*
2.45 Sibelius *Prelude: The Tempest*
2.55 Nielsen *Symphony No 5*
Followed by recordings from this week's Proms Artists.
4.30 In Tune
LIVE Sean Rafferty is in Edinburgh with guests appearing at this year's festivals, today featuring Canadian jazz pianist Ron Davis and his quartet, vocalist Daniela Nardi, American concert pianist George Li and the Ferio Saxophone Quartet.
6.30 Composer of the Week: Heitor Villa-Lobos (1887–1959)
1/5. **The Whole of Brazil.** Donald Macleod is joined by musicologist Manoel Correa do Lago to explore the music and life of mercurial composer Heitor Villa-Lobos, perhaps Brazil's most famous.
Alnitah (As tres Marias) Marc-André Hamelin (piano)
Homenagem ao Malandro Carioca Christoph Denoth (guitar)
Prole do bebe, No 1 Artur Rubinstein (piano)
Bachianas Brasileiras No 5 Anna Moffo (soprano), American Symphony Orchestra, conductor Leopold Stokowski
String Quartet No 17 (2nd mvt) Cuarteto Latinoamericano
Nonetto (Impressao rapida de todo o Brasil) Roger Wagner Chorale, Soloists of the Concert Arts Orchestra, conductor Roger Wagner
7.30 BBC Proms 2016
LIVE Martin Handley presents a concert from London's Royal Albert Hall in which Esa-Pekka Salonen conducts the Philharmonia Orchestra. Philharmonia Voices (men's voices), Philharmonia Orchestra, conductor Esa-Pekka Salonen
Schoenberg *A Survivor from Warsaw*
Dutilleux *The Shadows of Time*
8.05 Proms Extra Eva Schloss, step-sister of Anne Frank, discusses *After Auschwitz*.
8.25 Mahler *Symphony No 1*
Repeated Friday 19 August 2pm
10.00 Proms Extra Late
Georgia Mann presents music and poetry featuring emerging UK talent, recorded on Thursday in the Elgar Room at the Royal Albert Hall.
10.45 The Essay: Venice Unravelled
1/4. **At Home.** Writer Polly Coles on how Venetians have adapted to live in 21st-century Venice.
Producer Melanie Harris (R)
11.00 Jazz Now
LIVE Live music by Trio Red and the Kevin MacKenzie Trio from the Edinburgh International Festival.
12.30am Through the Night With John Shea.
Chopin *Prelude in D flat, Op 28 No 15 (Raindrop); Piano Sonata No 2 in B flat minor, Op 35; Polonaise in A flat, Op 53* **1.08 Paderewski** *Minuet in G, Op 14 No 1; Nocturne in B flat; Caprice valse* **1.20 Schubert, transcr Liszt** *Widmung, S566* **1.25 Liszt** *Rhapsodie espagnole, S254* **1.39 Paderewski** *Mélodie in G flat, Op 16 No 2* **1.43 Chopin** *Etude in C sharp minor, Op 10 No 4* Zheeyoung Moon (piano) **1.46 Liszt, transcr Paderewski** *Hungarian Rhapsody No 10 in E* **1.53 Lajtha** *Symphony No 4 (Spring)* **2.18 Liszt** *Hungarian Rhapsody No 2 in C, S244 No 2* **2.31 Kodaly** *To Ferenc Liszt* **2.39 Saint-Saëns** *Symphony No 3 in C minor (Organ)* **3.15 Haydn** *String Quartet in G minor, Op 20 No 3* **3.34 Mozart** *Les petits riens, K299b (excerpts)* **3.45 Pachelbel** *Exsurgat deus* **3.48 Corelli** *Concerto Grosso in D, Op 6 No 4* **3.57 Dobrzynski** *Mazurka in A minor, Op 37 No 2* **4.00 Wagner** *Polonaise in D, Op 2* **4.03 Storace** *Ciaconna* **4.09 Albeniz, arr Segovia** *Asturias* **4.16 Godard** *Berceuse de Jocelyn* **4.22 Smetana** *Overture: The Bartered Bride* **4.31 Jiranek** *Sinfonia in F* **4.40 Zelenka** *E voi siete d'altri, o labra soavi* **4.50 Mozart** *Divertimento in F, K138* **5.01 Tchaikovsky** *Pezzo capriccioso, arr for cello and piano* **5.09 Ravel** *Valses nobles et sentimentales* **5.26 Schubert** *Nacht und Träume, D827* **5.30 Fauré** *Suite: Pelleas et Melisande, Op 80* **5.47 Mokranjac** *Third Song-Wreath (From My Homeland)* **5.56 Schumann** *Symphonische Etuden, Op 13* **6.21 Beethoven** *Overture: König Stephan, Op 117*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Shaun Keaveny Indie music and laughs.
10.00 Lauren Laverne Jagwar Ma performs live.
1.00pm Mark Radcliffe and Stuart Maconie With special guest Wilko Johnson in the studio.
4.00 Steve Lamacq New music and guests.
7.00 Marc Riley New music, including live sets.
9.00 Tom Ravenscroft Sitting in for Gideon Coe.
12.00 6 Music Recommends
1.00am Biff Bang Pow – the Creation Story Alan McGee's label. **2.00 What's the Story? – the Story of Oasis** ***1/4.*** Mark Radcliffe on the rock band previously on the Creation label. See also tomorrow 1am and Wednesday 4pm
2.30 Live Hour 3.30 Jukebox 5.00 Elizabeth Alker

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

6.00am Breakfast with Paul Anthony Rock music
10.00 Wyatt Wendels 2.00pm Darren Redick
6.00 RockBlock 7.00 Nights with Alice Cooper
11.00 Planet Rock Plays It in Full 12.00 New Rock Show 2.00am Through the Night

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

6.00am More Music Breakfast
Presented by Tim Lihoreau.
9.00 John Suchet Classical hits.
1.00pm Anne-Marie Minhall Requests.
5.00 John Brunning Classic FM favourites.
7.00 Smooth Classics
John Brunning introduces popular favourites.
8.00 The Full Works Concert
Jane Jones presents the second of five exclusive concerts given by Los Angeles Philharmonic Orchestra, conducted by Andrew Manze (in his LAPO debut) and recorded at Walt Disney Hall, Los Angeles.
Mozart *Symphony No 35 in D, K385 (Haffner)*
Haydn *Trumpet Concerto in E flat, H VIIe 1*
Tom Hooten (trumpet)
Mozart *Horn Concerto No 4 in E flat ,K495*
Andrew Bain (horn)
Haydn *Symphony No 104 in D (London)*
10.00 Smooth Classics
Presented by Margherita Taylor.
1.00am Sam Pittis Classical music.

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News 5.30am, 6.00 and hourly to 12 midnight
Weather 5.57am, 6.05, 6.57, 7.57, 12.57pm, 5.57, 9.59, 12.30am
Shipping Forecasts 5.20am, 12.01pm (*LW*), 5.54 (*LW*), 12.48am

5.30am News Briefing

5.43 Prayer for the Day Rev Dr Bert Tosh.

5.45 Farming Today
With David Gregory-Kumar. Producer Sally Challoner

5.58 Tweet of the Day
Common Pheasant. With Chris Watson. (R)

6.00 Today
With Sarah Montague and Justin Webb.

6.25, 7.25, 8.25 Sports News

7.48 Thought for the Day With John Bell.

9.00 Playing the Skyline
New series. 1/3. Tim Marlow joins Kathryn Tickell and Hannabiell Sanders as they look at how the land meets the air in Newcastle-upon-Tyne, and then turn it into music.
Producer Julian May Repeated 9.30pm

9.30 Our Man in Greeneland
2/5. Second in the series in which BBC correspondents consider Graham Green's travels, with Mark Doyle exploring the writer's relationship with West Africa, the backdrop to *The Heart of the Matter.*
Producer Emma Harding See also 7.45pm

9.45 *FM* **Book of the Week: Flâneuse: Women Who Walk the Cities**
1/5. Lauren Elkin walks city streets and considers distinguished women who did the same. She begins by contrasting Paris and New York. Read by Julianna Jennings.
Producer Duncan Minshull Repeated 12.30am
RT BOOKS To order *Flâneuse: Women Who Walk the Cities* for £13.40 (RRP £16.99) incl p&p, call the 0344 245 8092 quoting ref RTBKS32 or visit radiotimes.com/books32

9.45 *LW* **Daily Service**
Led by Pastor Alex Robertson. Theme: Of Mortals and Angels – through the Glass Darkly. O Perfect Love (*O Perfect Love*). 1 Corinthians 13:1–13. Ubi Caritas (Durufle). Gracious Spirit Holy Ghost (*Charity*). With the Coventry Singers. Director of Music Paul Leddington Wright. Organist Daniel Moult.

10.00 Woman's Hour With Jane Garvey.

10.45 Graham Greene: Monsignor Quixote
1/10 The *15-Minute Drama.* See drama repeat 7.45pm

11.00 The Untold
15/17. Real-life stories with Grace Dent.

11.30 Way Out East
5/6. **Cludopoly.** Comedy by Guy Meredith. The flatmates consider taking part in the Hong Kong half-marathon.
Zoe **Katherine Kingsley** Ampersand **Nicky Henson**
Malcolm **John Gordon Sinclair** Sam **Lobo Chan**
James **Tony Gardner** Mr Kwok **David K Tse**
Wanda **Samantha Bond**
Producer Cherry Cookson

12.04pm Home Front
New series. 1/40. **8 August 1916 – Sylvia Graham.** The return of the drama set 100 years ago, by Sarah Daniels. On this day in 1916, the *Daily Mirror* reports 22 deaths from heatstroke on a hospital ship, while the Graham household is concerned for Gabriel's mental health.
Sylvia Graham **Joanna David** Esme Macknade **Katie Angelou**
Gabriel Graham **Michael Bertenshaw** Johnnie Marshall **Paul Ready**
Isabel Graham **Keely Beresford** Juliet Argent **Lizzie Bourne**
Producer Allegra McIlroy; Director Jessica Dromgoole

12.15 You and Yours Consumer reports.

1.00 The World at One With Shaun Ley.

1.45 The Ideas That Make Us
RT ***New series. 1/5.*** **Character.** Return of the series in which Bettany Hughes examines core concepts in philosophy. In this first instalment she looks at changing ideas about the notion of human character.
Producer Dixi Stewart

2.00 The Archers Rptd from yesterday 7pm

2.15 Drama: Music to See By
Period drama by Jeremy Raison, inspired by his own battle with blindness. In 1776 Vienna physician Franz Anton Mesmer offers to treat blind musical prodigy Maria Theresia von Paradis with a revolutionary technique using his glass harmonica. Having been subjected to a lifetime of opportunist practitioners, 17-year-old Maria wants no further treatment for her blindnesss. But she complies and there appears to be a glimmer of hope.
Maria **Nicola Ferguson** Frau von Paradis
Franz **Neil McKinven** **Sharon MacKenzie**
Producer David Ian Neville
Directors Jeremy Raison and David Ian Neville

3.00 Counterpoint
8/13. Paul Gambaccini with another round of the eclectic music quiz, with contestants from London and Derbyshire.
Producer Paul Bajoria Repeated Saturday 11pm

3.30 The Food Programme
The Strawberry Solstice. Sheila Dillon unravels the unlikely history of our favourite fruit. Repeated from yesterday 12.30pm

4.00 The Headline Ballads
2/2. **The Story of the Monkeys and the Fishes.** Continuing a series in which poets respond to stories behind the headlines, Usifu Jalloh is inspired by people in his native Sierra Leone who are rebuilding their communities after an ebola outbreak. His story is accompanied by him playing a drum and traditional thumb piano, and also features personal testimonies. Producer Penelope Boreham

4.30 The Infinite Monkey Cage
6/6. Brian Cox and Robin Ince are joined by singer Charlotte Church, actor Ben Miller, astronomer Paul Abel and astrophysicist Tim O'Brien to explore the mysteries of the universe.
Producer Alexandra Feachem Repeated tomorrow 11pm

5.00 PM With Eddie Mair.

6.00 Six o'Clock News

6.30 Just a Minute
New series. 1/8. The comedy panel show returns for its 76th series, with Paul Merton, Katherine Ryan, Gyles Brandreth and Josie Lawrence joining host Nicholas Parsons.
Producer Matt Stronge Repeated Sunday 12.04pm

7.00 The Archers
Shula shows off a birthday present.
For cast see Friday Repeated tomorrow 2pm

7.15 Front Row
Arts news and reviews, with Samira Ahmed discussing John Tiffany's acclaimed US production of Tennessee Williams's *The Glass Menagerie*, staged this month at the King's Theatre, Edinburgh. Producer Jack Soper

7.45 Graham Greene: Monsignor Quixote
RT ***1/10.*** Bernard Cribbins stars in Graham Greene's comic 1982 reworking of Cervantes's classic novel, dramatised by Stephen Wyatt. Producer/Director Marc Beeby
Father Quixote **Bernard Cribbins** The Italian bishop **Sean Baker**
Sancho **Philip Jackson** Father Herrera **Nick Underwood**
Teresa **Susan Jameson** Shop assistant **James Lailey**
The Spanish Bishop **Brian Protheroe** Guardia **Sam Rix, Sean Baker, Tom Forrister**
Repeated from 10.45am

8.00 Frightened of Each Other's Shadows
Nihal Arthanayake explores the impact of terrorist attacks on how we think, feel and fear. Producer Caitlin Smith Repeated Wednesday 11am

8.30 Crossing Continents
3/9. Mike Thomson reports on a secret library in Syria that contains thousands of books rescued from bombed-out buildings by local volunteers. Repeated from Thursday

9.00 Natural Histories
9/25. **Leech.** The impact the leech has had on human culture and society. Rptd from Tuesday

9.30 Playing the Skyline Repeated from 9am

10.00 The World Tonight With Ritula Shah.

10.45 Book at Bedtime: Reading Europe – Italy: The Parrots
6/10. **You Wrote a Book. It Came Out Well. But That Was a Lucky Chance.** Satirical work by Filippo Bologna. In this instalment the Beginner finds he has a lot to lose.
Producer Simon Richardson
RT BOOKS To order *The Parrots* for £8.99 incl p&p, call the 0344 245 8092 quoting ref RTBKS32 or visit radiotimes.com/books32

11.00 Word of Mouth
6/8. **Snuck and Sung – Irregular Verbs** Michael Rosen and Laura Wright explore irregular verbs. Producer Beth O'Dea (R)

11.30 The Digital Human
6/6. **Changeling.** Aleks Krotoski investigates why parents' awe over their children's ability with technology turns so quickly to fear. (R)

12.00 News

12.30–12.45am Book of the Week: Flâneuse: Women Who Walk the Cities
1/5. By Lauren Elkin. Repeated from 9.45am

1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am PC Lee Stories Mr Simmmons' Profession
6.15 Craven Maxine Peake stars as DCI Craven (1/5)
6.30 Supermarket Symphony as 8.30pm
7.00 Elephants to Catch Eels Comedy (4/6)
7.30 I'm Sorry I Haven't a Clue (6/6)
8.00 Parsley Sidings 1973 comedy (6/10)
8.30 J Kingston Platt as 7.30pm
9.00 The Write Stuff Literary quiz (4/6)
9.30 A Whole New Ball Game Comedy (2/6)
10.00 Alice's Friend Owen Holder's drama
11.00 Jigs and Reels as 9pm
11.15 Turning the Hut as 9.15pm
12.00 Parsley Sidings 1973 comedy (6/10)
12.30pm J Kingston Platt as 7.30pm
1.00 PC Lee Stories Mr Simmmons' Profession
1.15 Craven Maxine Peake stars as DCI Craven (1/5)
1.30 Supermarket Symphony as 8.30pm
2.00 Disobedience Sara Kestelman and Tracy-Ann Oberman read Naomi Alderman's 2006 debut novel in which the estranged daughter of a deceased rabbi returns to the Orthodox Jewish community she left behind for a successful career in New York (6/10)
2.15 Sport and the British With Clare Balding (11/30)
2.30 The Professor By Charlotte Brontë (6/10)
2.45 The Queen's Agent: Francis Walsingham at the Court of Elizabeth I (1/5)
3.00 Alice's Friend Owen Holder's drama in which 84-year old Alice employs Len as her chauffeur, sparking resentment among their families. From 1982
4.00 The Write Stuff Literary quiz (4/6)
4.30 A Whole New Ball Game Comedy (2/6)
5.00 Elephants to Catch Eels Comedy (4/6)
5.30 I'm Sorry I Haven't a Clue (6/6)
6.00 The Destruction Factor Sci-fi thriller (1/6)
6.30 A Good Read Literary discussion
7.00 Parsley Sidings 1973 comedy (6/10)
7.30 J Kingston Platt Peter Jones reads his tragic tale *The Scripwriter's Revenge*. From 1993
8.00 PC Lee Stories Mr Simmmons' Profession
8.15 Craven Maxine Peake stars as DCI Craven (1/5)
8.30 Supermarket Symphony With Nina Perry
9.00 Jigs and Reels Joanne Harris's short story *Faith and Hope Go Shopping*
9.15 Turning the Hut Penelope Wilton and Jim Sturgess star in Nick Warburton's romantic drama
10.00–12.00 Comedy Club: I'm Sorry I Haven't a Clue (6/6), at **10.30 That Mitchell and Webb Sound** (4/6), at **11.00 The Museum of Curiosity** (2/6), and at **11.30 Arthur Smith's Balham Bash** (1/4)
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 8pm **1.15** as 8.15pm **1.30** as 8.30pm **2.00** as 2pm **2.15** as 2.15pm **2.30** as 2.30pm **2.45** as 2.45pm **3.00** as 3pm **4.00** as 4pm **4.30** as 4.30pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am Newsday: the latest headlines **5.30** The Conversation **6.00** Newsday **8.30** Business Daily: finance news, interviews and reports **8.50** Witness **9.00** News **9.05** The Arts Hour **10.00** World Update **11.00** Outside Source **12.00** News **12.05pm** Outlook **1.00** The Newsroom **1.30** The Conversation **2.00** Newshour: the stories behind the latest headlines **3.00** News **3.05** Hardtalk: interviews with newsmakers and personalities from across the globe **3.30** The Why Factor: histories behind everyday objects and actions **3.50** More or Less **4.00** News **4.05** Business Daily: business and finance news, interviews and reports **4.25** The Essential: Trending **4.30** Sport Today: global round-up **5.00** World Have Your Say **6.00** The Newsroom **6.30** World Business Report: financial news **7.00** The Newsroom **7.30** Sport Today **8.00** News **8.05** Outlook: perspectives on important issues **9.00** Newshour **10.00** News **10.05** Hardtalk **10.30** Discovery **11.00** The Newsroom **11.20** Sports News **11.30** World Business Report **12.00** News **12.05am** The Arts Hour **1.00** News **1.05** Business Matters **2.00** News **2.05** Today in Rio **3.00** News **3.05** The Inquiry **3.30** Discovery **4.00** Newsday **4.30** Newsday Sport from Rio

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** bulletin every half-hour
Times vary during live sports coverage

5.00am Morning Reports
With news, sport and business.

5.15 Wake Up to Money
Financial news stories.

6.00 5 Live Olympic Breakfast
A round-up of Sunday's action from the Rio Olympic Games.

10.00 5 Live Daily
Adrian Chiles presents news and current affairs interviews. Plus listeners' stories and contributions.

1.00pm 5 Live Olympics
British medal hopes lie with Ed Ling who goes in the trap shooting competition. Plus rowing coverage from the Olympic rowing regatta at Lake Lagoa. Presented by Mark Chapman.

5 Live Sports Extra *Digital only*
1.45–5.00pm Women's Cricket
Commentary on Southern Vipers v Yorkshire Diamonds, a Women's Cricket Super League encounter at the Rose Bowl, Southampton.

4.00 5 Live News
The day's top news and sport.

4.30 5 Live Olympics
Eleanor Oldroyd presents boxing coverage, plus British medal chances in diving, women's rugby sevens, trap shooting and the men's team gymnastics competition. And at **11.00** Russell Fuller presents coverage of the night's swimming finals, which should feature Missy Franklin in the women's 100m backstroke final. Plus the women's rugby sevens final.

4.00am Up All Night
Presented by Richard Foster.

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927

6.00am Alan Brazil with Danny Murphy
10.00 Colin Murray
1.00pm Hawksbee and Kelner
4.00 Danny Kelly and Darren Gough Sports discussion.
7.00 Kick-Off With Mark Saggers.
10.00 Andy Goldstein and Jason Cundy Sporting banter.
1.00am The Two Mikes

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912

6.00am Harpz Kaur
Sitting in for Tommy Sandhu with chat, top guests, news, sport and music.
10.00 Nihal Topical discussion.
1.00pm Asian Network Reports
1.30 Noreen Khan Desi music.
5.00 Asian Network Reports
5.30 Bobby Friction
Bollywood and bhangra anthems.
9.00 Ray Khan Bollywood hits.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915

6.00am Christian O'Connell
10.00 Leona Graham
Mainstream and indie rock and pop, from the Beatles, Bruce Springsteen and Blondie to AC/DC, Arcade Fire, Ed Sheeran, Adele and Nickelback.
1.00pm Pete Donaldson
4.00 Sarah Champion
6.00 Geoff Lloyd
Music, wit, whimsy and more.
9.00 Claire Sturgess
1.00am Chris Martin

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

TUESDAY Radio

Today's Choices

HARRIET LEE-MERRION

Drama: Tracks
2.15pm ***Radio 4***

Dr Helen Ash does not have much of a bedside manner. In fact the way that she delivers the diagnosis of a terminal illness to one of her patients could be called heartless. But Dr Ash has a great deal on her mind, a lot to think about. She has to pick up the father she cannot recall ever having met from the airport. Heart and head, head and heart are key to this tense thriller, although it will take another eight episodes to reveal exactly why. The mystery begins to unfold when Helen witnesses the plane carrying her father crash into a field. Her attempts to find survivors make for a grim listen. And the tension is cranked up further when the autopsy reports are revealed: not only has her father's body not been discovered in the wreckage but one of the passengers she tended to at the scene does not have a heart. This drama promises to be compulsive listening. **JANE ANDERSON**

Everbody Hates Me
4.00pm ***Radio 4***

There are certain careers that one does not want to admit to at a social gathering, according to presenter James Walton. They immediately create a negative impression: traffic warden or tax collector, for example. In this ingenious and very funny programme, Walton talks to three people who are all comfortable with their career choice – corporate downsizer (someone who sacks), estate agent (someone who sells) and a former *Daily Mail* journalist (someone who tells). Segued around them are some cracking comic clips from people like Barry Cryer. **JANE ANDERSON**

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News as yesterday, plus news at 4.30am
Newsbeat at 12.45pm and 5.45

6.30am Nick Grimshaw
Chart hits and good-natured chat.
10.00 Adele Roberts
1.00pm Scott Mills
4.00 Greg James
Music, competitions and chat.
7.00 Annie Mac New music.
9.00 BBC Radio 1's Stories
10.00 Huw Stephens
With underground and unsigned acts.
1.00am Annie Nightingale
4.00 Jordan North

1Xtra

bbc.co.uk/1xtra
F'view* 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

7.00am A.Dot Music and chat.
10.00 Trevor Nelson
With music from 1Xtra's Live Lounge.
1.00pm Yasmin Evans
4.00 Charlie Sloth Hip-hop.
7.00 MistaJam Tunes and guests.
10.00 Jamz Supernova
With the latest neo-R&B.
1.00am Annie Nightingale

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **Weather** as yesterday

5.00am Nicki Chapman
6.30 Chris Evans
9.30 Ken Bruce
Including after **11.30 Tracks of My Years**, with LeAnn Rimes discussing tracks by U2 and David Gray.
12.00 Vanessa Feltz
2.00pm Steve Wright
5.00 Mark Goodier
7.00 Jamie Cullum
Showcase of jazz in its various forms.
See also Thursday 10.15pm Radio 3
8.00 Jo Whiley
10.00 Gilles Peterson's Musica Brasileira
2/4. As Rio de Janeiro plays host to the Olympic Games, another chance to hear the series from 2014 series in which Gilles Peterson shared his love of Brazilian music and shone a light on the country that at the time was hosting the football World Cup. Featuring various locations staging matches, with classic music from Ed Motta, contemporary Rio sounds and, in his "Santa Graal" (or Holy Grail) slot, a standout release from Pedro Santos. (R)
11.00 Nigel Ogden
With **The Organist Entertains**, tonight featuring famous themes from the silver screen – from *Singin' in the Rain* and *Exodus* to *The Muppet Movie* – as performed on cinema and theatre organs by Nicholas Martin, Lyn Larsen, Chris Barber and Donna Parker.
11.30 Listen to the Band
Frank Renton presents the first of two programmes of highlights of the 160th-anniversary concert by the Black Dyke Band, conducted by Nicholas Childs and Derek Broadbent and featuring 82 past and present members, including himself on trumpet. Recorded in July 2015 at Huddersfield Town Hall and first broadcast last August. (R)
12.00 OJ Borg
3.00am Sounds of the 80s (R)

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** as yesterday

6.30am Breakfast With Petroc Trelawny.
9.00 Essential Classics With Rob Cowan.
My Favourite... Impromptus Rob shares a selection of his favourite impromptus.
9.30 A challenge to identify a mystery person.
10.00 With actress and writer Jessica Hynes.
10.30 Music in Time One of the most successful British composers of the Modern period, John Tavener.
10.45 The featured Proms artist is Esa-Pekka Salonen.
Beethoven *Overture: Leonore No 2*
Philharmonia Orchestra, condcutor Esa-Pekka Salonen
11.00 Edinburgh International Festival 2016
LIVE From the Queen's Hall, Donald Macleod presents works by Haydn, Lutoslawski and Beethoven.
Amaryllis Quartet
Haydn *String Quartet in C, Op 33 No 3 (The Bird)*
11.50 Interval Baritone Simon Keenlyside sings songs from Broadway musicals, with the BBC Concert Orchestra, and conductor David Charles Abell.
12.10 Beethoven *String Quartet in E flat, Op 127*
See also Thursday 11am
1.00pm Radio 3 Lunchtime Concert
From the Manchester Chamber Concerts Society, recorded at the Royal Northern College of Music, and presented by Tom Redmond.
Mozart *Adagio for cor anglais and string trio, K580a* Britten Oboe Quartet
Lukas Foss *Capriccio*
Barber *Cello Sonata, Op.*
Alban Gerhardt (cello), Anne-Marie McDermott (piano)
Haydn *String Quartet in C major, Op.20 No.2*
Navarra Quartet
2.00 Afternoon on 3 With Penny Gore.
BBC Proms 2016. Last Tuesday's Prom, introduced by Tom Redmond from the Royal Albert Hall.
Steven Osborne (piano), BBC Philharmonic, conductor Juanjo Mena
Ginastera *Ollantay*
Britten *Piano Concerto*
Schubert *Symphony No 9 in C (Great)*
Followed by recordings from this week's Proms Artists.
4.30 In Tune
Suzy Klein's guests include artists performing at the BBC Proms.
6.30 Composer of the Week: Villa-Lobos
2/5. **From Street Corner to Concert Hall.** Donald Macleod, along with guest the musicologist Manoel Correa do Lago, celebrates the Brazilian composer's choros – works rooted in the street.
Chôros No 2
Elizabeth Plunk (flute), Ovanir Buosi (clarinet)
Choros No 1 (Choro tipico) Norbert Kraft (guitar)
Choros No 4 Samuel Hamzem, Dante Yenque, Ozeas Arantes (horns), Darrin Coleman Milling (trombone)
Choros No 7 (Settiminio) Bülent Evcil (flute), Arcádio Minczuk (oboe), Sérgio Burgani (clarinet), Nailor Azevedo (aka Proveta) (alto saxophone), José Arion Linarez (basoon), Cláudio Cruz (violin), Alceu Reis (cello), Armando Yamada (tam-tam), conductor John Neschling
Choros No 5 (Alma brasileira), for piano Nelson Freire
Choros No 3 (Pica-Pau) São Paulo Symphony Chorus (men's voices); Sérgio Burgani (clarinet), Alexandre Silvéro (basoon), Marcos Pedroso (alto saxaphone), Dante Yenque, Luciano Amaral, Samuel Hamzem (horns), Wagner Polischuck (trombone), conductor John Neschling
Choros No 10 (Rasga o Coracao)
São Paulo Symphony Chorus and Orchestra, conductor John Neschling
7.30 BBC Proms 2016
LIVE From the Royal Albert Hall, Tom Redmond introduces the BBC Philharmonic in concert.
Johannes Moser (cello), BBC Philharmonic, conductor Juanjo Mena
Mark Simpson *Israfel (first London performance)*
Dutilleux *Tout un monde lointain*
8.15 Interval: Proms Extra Kate Kennedy and musicologist JPE Harper Scott introduce Elgar's First Symphony. Recorded earlier this evening at the Imperial College Union.
8.35 Elgar *Symphony No 1 in A flat*
Repeated Monday 22 August 2pm
10.00 Free Thinking Festival
Actress Sheila Hancock, journalist Bim Adewunmi, theatre director Neil Bartlett and headteacher Jonny Mitchell answer questions from Rana Mitter about their attitude to breaking rules. Producer Zahid Warley (R)
10.45 The Essay: Venice Unravelled
2/4. **Tinseltown.** Writer Polly Coles on how Venetians have adapted to live in 21st-century Venice. (R)
11.00 Late Junction With Max Reinhardt.
Lewis Robinson, founder of the Mais Um Discos label, explores contemporary Brazilian music.
12.30am Through the Night With Jonathan Swain.
12.31 Zimbalist *Fantasy on The Golden Cockerel* **12.40 Massenet** *Meditation (Thais)* **12.46 Sarasate** *Zigeunerweisen, Op 20* **12.55 Ernst** *Fantaisie brillante sur Otello de Rossini, Op 11* **1.09 Paganini** *Cantabile, Op 17* **1.14 Waxman** *Carmen Fantasy* **1.25 Prokofiev** *Sonata in C, Op 56* **1.41 Ponce** *Estrellita* **1.45 Ravel** *Tzigane* **1.56 Chaminade, arr Kreisler** *Spanish Serenade* Op 150 **1.59 Shostakovich** *Waltz and Polka* **2.03 Palestrina, arr Soriano** *Missa Papae Marcelli* **2.31 Beethoven** *Symphony No 3 in E flat, Op 55 (Eroica)* **3.20 JC Bach** *Quartet in A T309 No 3* **3.37 Chopin** *Impromptu in A flat, Op 29* **3.42** *Schatz-Walzer, Op 418* **3.51 Duparc** *L'invitation au voyage* **3.56 Rimsky-Korsakov** *Concerto in B flat for trombone and military band* **4.07 Dandrieu** *Rondeau – L'Harmonieuse (Pièces de Clavecin, Book I)* **4.13 Mozart** *Oiseaux, si tous les ans, K307; Dans un bois solitaire, K308; Als Luise die Briefe ihres ungetreuen Liebhabers verbrannte, K520; Ridente la calma, K152* **4.23 Vivaldi** *Concerto in G minor for violin, strings and continuo, RV177,* **4.31 Stanley** *Voluntary in D, Op 5 No 5 arr for trumpet and organ* **4.35 Wagner** *Prelude to Act 1 (Die Meistersinger von Nürnberg)* **4.46 Buxtehude** *Ciaccona: Quemadmodum Desiderat Cervus, BUXWV92* **4.53 Prokofiev, arr Adolf Gottlieb** *Cinderella Fantasy Suite* **5.05 Rossini** *Quartet No 6 in F for flute, clarinet, horn and bassoon (Andante et tema con variazioni)* **5.17 Des Prez** *Chanson: Ma bouche rit* **5.22 Borodin** *Overture: Prince Igor* **5.33 Handel** *Music for the Royal Fireworks* **5.56 Britten** *Piano Concerto, Op 13*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Shaun Keaveny Indie music and laughs.
10.00 Lauren Laverne Chat, music and guests.
1.00pm Mark Radcliffe and Stuart Maconie
Comedian Stewart Lee chats about his new book.
4.00 Steve Lamacq New music and guests.
7.00 Marc Riley The Eccentronic Research Council.
9.00 Tom Ravenscroft Archive performances.
12.00 6 Music Recommends
1.00am The First Time Matt Everitt interviews Noel Gallagher. From 2015. **2.00 What's the Story? – the Story of Oasis** *2/4.* **2.30 Live Hour 3.30 Jukebox 5.00 Elizabeth Alker** Sitting in for Chris Hawkins.

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

6.00am Breakfast with Paul Anthony Rock music **10.00 Wyatt Wendels 2.00pm Darren Redick 6.00 RockBlock** An hour of music chosen by a Planet Rock listener **7.00 The Hairy Rock Show** Rptd from Sun 10am **9.00 Joe Elliott** Rptd from Sat 6pm **10.00 Nights with Alice Cooper 1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

6.00am More Music Breakfast
Presented by Nicholas Owen.
9.00 John Suchet Classical hits.
1.00pm Anne-Marie Minhall Requests.
5.00 John Brunning Classic FM favourites.
7.00 Smooth Classics With John Brunning.
8.00 The Full Works Concert
Jane Jones showcases composers with a fascination for weaving codes and hidden messages into their music.
Mozart *Oveture: The Magic Flute* Mahler Chamber Orchestra, conductor Claudio Abbado
Beethoven *Symphony No 5 in C minor* London Philharmonic Orchestra, conductor Klaus Tennstedt
Tchaikovsky *Piano Concerto No 1 in B flat minor, Op 23* Yefim Bronfman, Bavarian Radio Symphony Orchestra, conductor Mariss Jansons
Elgar *Variations on an Original Theme (Enigma)* Hallé, conductor Mark Elder
10.00 Smooth Classics With Margherita Taylor.
1.00am Sam Pittis Classic music.

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News, weather and **shipping forecasts** as yesterday; no weather at 5.57am

5.30am News Briefing
5.43 Prayer for the Day
Pause for reflection with the Rev Dr Bert Tosh.
5.45 Farming Today
With Caz Graham. Producer Emily Hughes
5.58 Tweet of the Day
Ptarmigan. David Attenborough introduces the sound of the ptarmigan. (R)
6.00 Today
With Sarah Montague and Justin Webb.
6.25, 7.25, 8.25 Sports News
7.48 Thought for the Day
With the Reverend Lucy Winkett.
9.00 Reflections
2/4. Peter Hennessy continues his conversations in which he asks politicians to reflect on their lives and times. His guest is Vince Cable, the former Liberal Democrat MP and Business Secretary. Producer Rob Shepherd
Shortened repeat 9.30pm
9.45 *FM* **Book of the Week: Flâneuse: Women Who Walk the Cities**
2/5. Lauren Elkin follows in the footsteps of Virginia Woolf. Read by Julianna Jennings.
For details see yesterday Repeated 12.30am
9.45 *LW* **Daily Service**
Led by Bishop David Walker. Theme: Of mortals and angels – golden wings and unclean lips. Bright the vision that delighted (*Laus Deo*). Isaiah 6: 1–8 Let all mortal flesh keep silence (Bairstow). Ye holy angels bright (*Darwall's 148th*). With the Coventry Singers.
10.00 Woman's Hour With Jane Garvey.
10.41 Graham Greene: Monsignor Quixote
2/10. The *15-Minute Drama*. See drama rpt 7.45pm
11.00 Natural Histories
10/25. **Rose.** Brett Westwood looks closely at a rose. Producer Beth O'Dea Repeated Monday 9pm
11.30 Marc Riley's Musical Time Machine
3/3. The 6 Music presenter delves into the BBC's spoken-word archive and unearths two more interviews: from 1991 in which Lemmy from Motörhead talks to Tommy Vance; and a 1981 interview in which the Clash's Joe Strummer opens up to David Hepworth.
Producer Ian Callaghan Repeated Saturday 3.30pm
12.04pm Home Front
2/40. **9 August 1916 – Edie Chadwick**
Epic drama series set in Great War Britain 100 years ago, by Sarah Daniels. On this day in 1916, the "spycatcher" Peter Wright was born, and Edie, so far economical with the truth, is forced to open her heart.
Edie Chadwick **Kathryn Beaumont** Kitty Lumley **Ami Metcalf**
Marion Wardle **Laura Elphinstone**
For details see Monday
12.15 Call You and Yours
Consumer affairs programme.
PHONE: 0370 010 0444 (Lines open from 10am)
email: youandyours@bbc.co.uk
1.00 The World at One
Presented by Martha Kearney.
1.45 The Ideas That Make Us
2/5. **Harmony.** Continuing a series on street philosophy, Bettany Hughes explores harmony with experts from the humanities and sciences, including philosopher Angie Hobbs. Hughes reveals where these ideas were born and then explores the street markets, churches, offices and homes where they continue to morph and influence our daily lives.
For details see yesterday
2.00 The Archers Repeated from yesterday 7pm
2.15 Tracks
RT ***New series.*** *1/9.* **The Nervus Vagus.** Romola Garai stars in a conspiracy thriller by Matthew Broughton. When Dr Helen Ash witnesses the brutal and disturbing crash of the plane that is carrying her father, the incident sets her on an investigation into a dark conspiracy. Florian Chauvin was flying to Wales to tell his daughter something important. What was Florian coming to tell Helen?
Helen **Romola Garai** The Policeman **Matthew Gravelle**
Michael **Alex Beckett** The Pilot **Richard Nichols**
Freddy **Jonathan Forbes** Mrs Trewin **Caroline Berry**
Rosie **Susan Jameson** Susana **Claire Cage**
Miranda **Suzanne Packer** Florian **Sean Baker**
Producer James Robinson
3.00 Making History
2/8. Tom Holland discusses the first farmers, fighting the Battle of Marathon (in Salford), and the forgotten father of global communications. Producer Nick Patrick
ADDRESS: *Making History*, PO Box 3096, Brighton BN1 1PL
Phone: 0370 010 0400 email: making.history@bbc.co.uk
3.30 Recycled Radio
1/4 **Travel** Another chance to hear the latest series of the programme in which presenter Gerald Scarfe delivers archive radio at breakneck speed, chopped up, looped up and mashed up. Producer Miles Warde (R)
4.00 Everybody Hates Me
RT James Walton talks to an estate agent, a *Daily Mail* journalist and a corporate downsizer to explore what it's like to do a job that many people despise you for.
Producer Hannah Marshall
4.30 Great Lives
9/9. Matthew Parris leads a discussion on political reformer Thomas Muir (1765–99), described as the father of Scottish democracy by former SNP leader Alex Salmond. Rounding out the trio is author Murray Armstrong (*The Liberty Tree*).
Producers Toby Field and Kirsten Lass Rptd Friday 11pm
5.00 PM With Eddie Mair.
6.00 Six o'Clock News
6.30 The Missing Hancocks
5/5. **The New Neighbour.** Re-recording of a lost 1955 sitcom by Ray Galton and Alan Simpson. Tony has a new neighbour, whose night-time routine is very suspicious.
Tony Hancock **Kevin McNally** Kenneth Williams
Sid James **Simon Greenall** **Robin Sebastian**
Bill Kerr **Kevin Eldon** Andrée Melly **Susy Kane**
Producers Neil Pearson and Ed Morrish (R)
7.00 The Archers
Eddie gets some bad news.
For cast see Friday Repeated tomorrow 2pm
7.15 Front Row
A round-up news and reviews from the arts world, with Kirsty Lang. Producer Timothy Prosser
7.45 Graham Greene: Monsignor Quixote
2/10. The author's comic take on Cervantes's classic novel. Father Quixote receives some unwelcome news from his bishop.
For cast and details see yesterday Repeated from 10.45am
8.00 Could the Birmingham Six Happen Again?
A quarter of a century on from the release from prison of the Birmingham Six, campaigner, leading authority on the case, and former Labour MP Chris Mullin finds out why concerns over wrongful convictions have not gone away. Producer Jonathan Brunert
8.40 In Touch Presented by Peter White.
Producer Andrew Smith
9.00 Inside Health
Dr Mark Porter separates medical fact from fiction, clarifying various health issues.
Repeated tomorrow 3.30pm
9.30 Reflections Repeated from 9am
10.00 The World Tonight With Ritula Shah.
10.45 Book at Bedtime: Reading Europe – Italy: The Parrots
7/10. **They Forgive Poets Everything.** Three authors fight, almost to the death, for their country's greatest honour. Today the Writer signs in blood. Abridged by Richard Hamilton, and read by Anthony Head, Oliver Ford Davies and Sam Rix. For details see yesterday
11.00 The Infinite Monkey Cage
6/6. **The Universe: What Remains to be Discovered?** With guests Charlotte Church, Ben Miller, Paul Abel and Tim O'Brien.
Repeated from yesterday 4.30pm
11.30 Natalie Haynes Stands Up for the Classics
1/4. Natalie Haynes and guests create comedy routines about figures from ancient Greece or Rome, beginning with Rosie Wyles, Edith Hall and Fiona Laird helping her talk about the life and work of comic playwright Aristophanes. Producer Mary Ward-Lowery
12.00 News
12.30–12.45am Book of the Week: Flâneuse: Women Who Walk the Cities
2/5. By Lauren Elkin. Repeated from 9.45am
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am PC Lee Stories as 1pm
6.15 Craven Amelia Bullmore's crime drama (2/5)
6.30 Roger's Rabbits as 8.30pm
7.00 Spangles 'n' Tights 1998 sitcom (5/5)
7.30 The Missing Hancocks as 5.30pm
8.00 Steptoe and Son 1966 comedy
8.30 The Men from the Ministry 1975 comedy
9.00 The Museum of Curiosity (2/6)
9.30 Chambers 1996 sitcom (1/5)
10.00 Resurrection Robert Forrest's dramatization of Leo Tolstoy's final novel, published in 1899 and intended as an exposé of the injustices of the Russian penal system while also a story of impossible love. With Katherine Igoe, Vivienne Dixon and others (1/2)
11.00 Jigs and Reels as 9pm
11.15 A Second Life Comic drama by Adam Beeson
12.00 Steptoe and Son 1966 comedy
12.30pm The Men from the Ministry Comedy
1.00 PC Lee Stories Edgar Wallace's *A Man of Note*
1.15 Craven Amelia Bullmore's crime drama (2/5)
1.30 Roger's Rabbits as 8.30pm
2.00 Disobedience By Naomi Alderman (7/10)
2.15 Sport and the British Tennis and golf (12/30)
2.30 The Professor Adaptation by Rachel Joyce of Charlotte Brontë's posthumously published 1840s novel about a man's desire to love and be loved (7/10)
2.45 The Queen's Agent: Francis Walsingham at the Court of Elizabeth I (2/5)
3.00 Resurrection as 10am
4.00 Jest a Minute Comedy quiz (3/6)
4.30 Chambers 1996 sitcom (1/5)
5.00 Spangles 'n' Tights 1998 sitcom (5/5)
5.30 The Missing Hancocks Re-recording of *The Breakfast Cereal* – a lost 1956 sitcom
6.00 The Destruction Factor By James Follett (2/6)
6.30 Lives in a Landscape From 2005 (1/6)
7.00 Steptoe and Son 1966 comedy
7.30 The Men from the Ministry 1975 comedy
8.00 PC Lee Stories Edgar Wallace's *A Man of Note*
8.15 Craven Amelia Bullmore's crime drama (2/5)
8.30 Roger's Rabbits The fastidious world of show rabbits since Victorian times. From 2011
9.00 Jigs and Reels Jack Davenport reads Joanne Harris's short story *Last Train to Dogtown*
9.15 A Second Life Comic drama. From 2009
10.00–12.00 Comedy Club: as 5.30pm, at **10.30 The Maltby Collection** (4/6), at **10.55 Interview**, at **11.00 Mark Watson's Live Address to the Nation** (6/6), and at **11.30 Delve Special** (3/4)
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 8pm **1.15** as 8.15pm **1.30** as 8.30pm **2.00** as 2pm **2.15** as 2.15pm **2.30** as 2.30pm **2.45** as 2.45pm **3.00** as 3pm **4.00** as 4pm **4.30** as 4.30pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am Newsday **5.30** Forgotten Girls of Dhaka **6.00** Newsday **8.30** Business Daily **8.50** Witness **9.00** News **9.05** The Forum: presented by Bridget Kendall **9.50** Sporting Witness **10.00** World Update **11.00** Outside Source **12.00** News **12.05pm** Outlook: perspectives on important issues **1.00** The Newsroom **1.30** Forgotten Girls of Dhaka **2.00** Newshour **3.00** News **3.05** The Inquiry **3.30** Discovery: insights from leading scientific figures **4.00** News **4.05** Business Daily **4.25** The Essential **4.30** Sport Today: global round-up **5.00** World Have Your Say **6.00** The Newsroom **6.30** World Business Report: financial news **7.00** The Newsroom **7.30** Sport Today **8.00** News **8.05** Outlook: perspectives on important issues **9.00** Newshour: the stories behind the headlines **10.00** News **10.05** The Inquiry **10.30** Click: technological news **11.00** The Newsroom **11.20** Sports News **11.30** World Business Report: financial news **12.00** News **12.05am** The Forum: thought-provoking discussion, with Bridget Kendall **12.50** Sporting Witness **1.00** News **1.05** Business Matters **2.00** News **2.05** Today in Rio **3.00** News **3.05** Hardtalk **3.30** Click: technological news **4.00** Newsday **4.30** Newsday Sport from Rio

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** as yesterday
5.00am Morning Reports
With news, sport and business.
5.15 Wake Up to Money
Financial news stories.
6.00 5 Live Olympic Breakfast
A round-up of Monday's action from the Rio Olympic Games.
10.00 5 Live Daily
Presented by Adrian Chiles.
1.00pm 5 Live Olympics
Coverage from the equestrian team eventing final, the rowing regatta, and men's rugby sevens.

5 Live Sports Extra *Digital only*
2.15–5.30pm Women's Cricket
Commentary on Surrey Stars v Lancashire Thunder, a Women's Cricket Super League encounter at the Oval.

4.30 5 Live News
A round-up of the day's top news and sport, with Tony Livesey. Plus Olympic updates from the afternoon's action in Rio.
5.00 5 Live Olympics
The women's team gymnastics final, plus the individual show jumping final, tennis, hockey, judo, boxing and the canoe slalom.
11.00 Phil Williams
Live news and sport.
1.00am 5 Live Olympics
Russell Fuller is poolside for coverage of the men's 200m butterfly, the women's 200m individual medley and the men's 4x200m freestyle relay.
4.00 Up All Night
Presented by Rhod Sharp.

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927

6.00am Alan Brazil
Headlines and topical sports stories.
10.00 Colin Murray
1.00pm Hawksbee and Jacobs
4.00 Danny Kelly and Darren Gough The latest news.
7.00 Kick-Off With Mark Saggers.
10.00 Andy Goldstein and Jason Cundy Sports stories.
1.00am The Two Mikes

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912
6.00am Harpz Kaur
Bollywood and bhangra hits.
10.00 Nihal Topical discussion.
1.00pm Asian Network Reports
Hard-hitting documentary.
1.30 Noreen Khan
Desi music and retro hits.
5.00 Asian Network Reports
Hard-hitting documentary.
5.30 Bobby Friction
Bollywood and bhangra anthems.
9.00 Ray Khan Bollywood hits.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915
6.00am Christian O'Connell
10.00 Leona Graham
Old and new mainstream and indie rock and pop, from the Rolling Stones, Slade and the Stooges to Stereophonics, Sting and Snow Patrol.
1.00pm Pete Donaldson
4.00 Sarah Champion
6.00 Geoff Lloyd
9.00 Claire Sturgess
1.00am Chris Martin

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

Money **Paul Lewis** on the costs of going overdrawn Your RT P139

WEDNESDAY Radio

Today's Choices

Prime Minister's Props
9.30am ***Radio 4***

David Cannadine begins his potted bio of Brummie-bred Neville Chamberlain on a slightly irritating note: "If, like me, you're an [sic] historian of modern Britain and you happen to live in Birmingham..." How many people does that actually leave? For those unfamiliar with Chamberlain's early life, Cannadine soon hits the right notes, deftly describing a committed reformer who at 50 was still virtually unknown. The series' thesis – that prominent politicians could be defined by a personal effect – means that particular reference is made to the PM's omnipresent umbrella (above). It became a symbol of trust, "an olive branch" even, in the wake of his success in orchestrating the Munich Agreement; when the treaty was later torn up, Chamberlain – a proto hero-to-zero, if you will – and his prosaic brolly became the epitome of failure.

CHRIS GARDNER

Johnnie Walker's Long-Players
10.00pm ***Radio 2***

"Johnnie I'm prepared to argue that it's the best record the Beatles ever made," enthuses music writer David Hepworth about *A Hard Day's Night*. The Fab Four's third album is a peculiar beast, a made-to-order collection for use in a movie which nonetheless encapsulates some of Lennon and McCartney's best songwriting. Meanwhile the second album up for discussion – the Byrds' *Mr Tambourine Man*, about which there is testimony from the band's frontman Roger McGuinn – proves how transatlantic influence cuts both ways.

TOM GOULDING

GETTY

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News and **Newsbeat** as yesterday

6.30am Nick Grimshaw
10.00 Adele Roberts
1.00pm Scott Mills
4.00 Greg James
7.00 Annie Mac
9.00 The Surgery
Advice for listeners, with Gemma Cairney and Dr Radha Modgil.
10.00 Huw Stephens
Underground and unsigned acts.
1.00am Benji B With future beats.
4.00 Jordan North

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

7.00am A.Dot
10.00 Trevor Nelson
1.00pm Yasmin Evans
4.00 Charlie Sloth Hip-hop.
7.00 MistaJam
10.00 Sian Anderson
1.00am Benji B With future beats.

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **weather** as Monday

5.00am Nicki Chapman
6.30 Chris Evans
9.30 Ken Bruce
Including **Tracks of My Years**, with LeAnn Rimes discussing records by Labrinth and Bryan Adams.
12.00 Vanessa Feltz
2.00pm Steve Wright
5.00 Mark Goodier
7.00 The Folk Show with Mark Radcliffe
With a live performance by Anna and Elizabeth (Anna Roberts-Gevalt and Elizabeth LaPrelle), purveyors of traditional American mountain music.
8.00 Jo Whiley
10.00 Johnnie Walker's Long-Players
RT *2/6.* Johnnie Walker is joined by journalist David Hepworth for a look at major albums by two 1960s bands that for a time influenced each other. The Beatles' explosive *A Hard Day's Night* started its chart run in the summer of 1964 alongside the release of Richard Lester's influential film in which they starred. Walker and Hepworth wax lyrical about both the movie and the LP, which spent 21 weeks at number in the UK and is considered a work of perfect pop, from the title track to *I'll Be Back* and everything in between. A year later folk-rock mavericks the Byrds released *Mr Tambourine Man*, featuring, among other gems, four songs by Bob Dylan, including *All I Really Want to Do* and the album's US/UK number-one title track. With new and archive interviews from producer George Martin (1926–2016), Paul McCartney, Ringo Starr, director Richard Lester, former Byrds Roger McGuinn and David Crosby, broadcaster David Jacobs (1926–2013) and Stephen Stills.
11.00 The People's Songs *20/50.* Stuart Maconie continues with *Are "Friends" Electric?* – the 1979 UK number one by Tubeway Army, fronted by Gary Numan. (R)
12.00 OJ Borg
3.00am Pick of the Pops (R)

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** as Monday

6.30am Breakfast With Petroc Trelawny.
9.00 Essential Classics With Rob Cowan.
My Favourite... Impromptus Rob makes his selection.
9.30 Take part in the daily musical challenge.
10.00 Rob's guest is actress Jessica Hynes.
10.30 Rob places **Music in Time**. He heads to the Romantic era to look at the Ballade.
10.45 Telemann *Trumpet Concerto in D*
Hakan Hardenberger (trumpet), Academy of St Martin in the Fields, Iona Brown (conductor)
11.00 Edinburgh International Festival 2016
George Li (piano)
Haydn *Piano Sonata in B minor, H XVI 32*
Chopin *Piano Sonata No 2 in B flat minor (Funeral March)*
11.45 Interval The Australian Chamber Orchestra perform Tchaikovsky's sunny *Souvenir de Florence* and Sculthorpe's *Irkanda IV for solo violin, percussion and strings.*
Rachmaninov *Variations on a Theme of Corelli*
Liszt *Consolation No 3 in D flat, S172; Hungarian Rhapsody No 2 in C sharp minor, S.244/2*
1.00pm Radio 3 Lunchtime Concert
Presented by Tom Redmond.
Berkeley *String Trio Op 19* Britten Oboe Quartet
Peteris Vasks String Quartet No 3 Navarra Quartet
Piazzolla *Libertango* Alban Gerhardt (cello), Anne-Marie McDermott (piano)
2.00 Afternoon on 3 With Penny Gore.
BBC Proms 2016. Another chance to hear Saturday afternoon's concert, introduced by Sean Rafferty.
Rossini *Petite Messe Solennelle*
Elizabeth Watts (soprano), Kathryn Rudge (mezzo), Peter Auty (tenor), James Platt (bass), Richard Pearce (harmonium) and Iain Farrington (piano), BBC Singers, conductor David Hill (R)
3.30 Choral Evensong
LIVE From Liverpool Metropolitan Cathedral, sung by the Royal School of Church Music Millennium Youth Choir. Introit: Sing joyfully (Byrd). Responses: Andrew Reid. Office Hymn: O glorious King of martyr hosts (Plainsong). Psalm 116 (Rogers). Canticle: Worthy are you, our Lord and God (Gelineau). Reading: 1 Peter 4. Motet: Geistliches Lied (Brahms). Magnificat: St Paul's Service (Howells). Final Hymn: Give me the wings of faith (*San Rocco*). Motet: Totus Tuus (Gorecki). Organ Voluntary: Fantaisie-Improvisation sur L'Ave Maris Stella (Tournemire). Director of Music: Adrian Lucas. Organist: Daniel Cook. Rptd Sunday 3pm
4.30 In Tune
Suzy Klein's guest is conductor Matthias Pintscher.
6.30 Composer of the Week: Villa-Lobos *3/5.* **Carnival.** Music by Heitor Villa-Lobos, inspired by the spirit of Rio's Carnival, as Donald Macleod continues his celebration of one of Brazil's greatest musical figures.
Villa-Lobos *Carnaval das Criancas* Nelson Freire (piano)
Momoprecoce, Fantaisie pour piano et orchestre sur le Carnaval des enfants brésiliens (extract)
Cristina Ortiz (piano), New Philharmonia Orchestra, Vladimir Ashkenazy (conductor)
Vida Formosa; Viva o Carnaval (Guia prático, Bk 11)
Sonia Rubinsky (piano)
Choros No 8 for 2 pianos and orchestra
Linda Bustani, Ilan Rechtman (pianos), São Paulo Symphony Orchestra, John Neschling (conductor)
Samba classico Teresa Berganza (mezzo), Juan Antonio Alvarez Parejo (piano)
7.30 BBC Proms 2016 With Petroc Trelawny.
LIVE From the Royal Albert Hall. Hakan Hardenberger (trumpet), Mats Bergström (banjo), Claudia Buder (accordion), BBC Symphony Orchestra, conductor Sakari Oramo
Dutilleux *Timbres, espace, mouvement*
HK Gruber *Busking, for trumpet, accordion, banjo and string orchestra*
8.25 Interval: Proms Extra Tom Service introduces Henri Dutilleux's *Timbres, espace, mouvement*.
8.45 Beethoven *Symphony No 5 in C minor*
10.00 Free Thinking Festival
Authors Susannah Clapp, Natasha Pulley, Joanna Kavenna and Christopher Frayling assess the legacy of novelist Angela Carter (1940–92). (R)
10.45 The Essay: Venice Unravelled *3/4.* **The Writing on the Wall.** Polly Coles reads *The Writing on the Wall*, discussing ways in which Venetians and others have adapted to 21st-century Venice. Producer Melanie Harris (R)
11.00 Late Junction
Max Reinhardt has an exclusive mixtape from Icelandic performance artist Ragnar Kjartansson alongside new music from Peter Broderick and Flat Earth Society's homage to Frank Zappa.
12.30am Through the Night With John Shea. **Charpentier** *Sonata a 8, H548* **12.46 Lully** *Trios de la Chambre du Roi (excerpts)* **12.53 de Visée** *Prelude for theorbo* **12.55 Couperin** *La Sultane* **1.05 Boismortier** *Pastorale* **1.14 Marais** *Prelude and Allemande* **1.21 Aubert** *Amuzette IV* **1.28 Couperin** *Prélude, non mesurée in D* **1.31 Leclair** *Chaconne (Première Recréation)* **1.39 Corette** *La Tourière (Concerto Comique XVIII)* **1.44 Rameau** *Chaconne (Les Indes galantes)* **1.51 Lully** *Trios de la Chambre du Roi (excerpts)* **1.54 Svendsen** *Symphony No 2 in B flat, Op 15* **2.31 Mozart** *Clarinet Quintet in A, K581* **3.05 Chopin** *Cello Sonata in G minor, Op 65* **3.36 Bach** *4 Schemelli Chorales: Komm, süsser Tod, komm, sel'ge Ruh!, BWV478; Liebster Herr Jesu, wo bleibst du so lange?, BWV484; O finstre Nacht, wann wirst du doch vergehen, BWV492; So wünsch' ich mir zu guter Letzt ein selig Stündlein, BWV502* **3.46 Hess** *Suite in B flat for piano, Op 45* **3.57 Corelli** *Sonata da chiesa in F, Op 1 No 1* **4.03 Schmitt** *Ghanaia for solo percussion* **4.11 Bartok, arr Arthur Willner** *Romanian Folk Dances, Sz56* **4.18 Purcell** *The Duke of Gloucester's Trumpet Suite* **4.31 Gilse** *Concert Overture in C minor* **4.41 Norman** *Two Character Pieces for piano, Op 1* **4.51 Parry** *Lord, Let Me Know Mine End (Songs of Farewell)* **5.02 Suriani** *Partita* **5.12 Handel** *Water Music Suite in G HWV350* **5.23 Mozart** *Nine Variations on a minuet by Duport for piano, K573* **5.33 Chausson** *Poème, Op 25* **5.50 Tulindberg** *String Quartet No 3 in C* **6.11 Dittersdorf** *Symphony No 3 in G (Verwandlung Actaeons in einen Hirsch)*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Shaun Keaveny Indie music and laughs.
10.00 Lauren Laverne Chat, music and guests.
1.00pm Mark Radcliffe and Stuart Maconie
4.00 Steve Lamacq A 20th-anniversary special to mark Oasis's Knebworth gigs in 1996. See also 1am and 2am
7.00 Marc Riley Kiran Leonard performs solo.
9.00 Tom Ravenscroft
12.00 6 Music Recommends
1.00am Don't Look Back in Anger – the Story of Britpop *1/2.* With Steve Lamacq. **2.00 What's the Story? – the Story of Oasis** *3/4.* **2.30 Live Hour 3.30 6 Music's Jukebox 5.00 Elizabeth Alker**

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

6.00am Breakfast with Paul Anthony 10.00 Wyatt Wendels 2.00pm Darren Redick 6.00 RockBlock 7.00 Planet Rock of Ages Repeated from Saturday 7pm **8.00 Mojo Rocks** With Phil Alexander Repeated from Saturday 8pm **10.00 Nights with Alice Cooper** Classic rock **1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

6.00am More Music Breakfast
9.00 John Suchet Classical hits.
1.00pm Anne-Marie Minhall
5.00 John Brunning Classic FM favourites.
7.00 Smooth Classics With John Brunning.
8.00 The Full Works Concert: Musical Exiles
Handel *Zadok the Priest* Westminster Abbey Choir and English Chamber Orchestra/Martin Neary
Chopin *Variations on La ci darem la mano, Op 2*
Emanuel Ax (piano), Orchestra of the Age of Enlightenment/Charles Mackerras **Wagner** *Forest Murmurs ('Siegfried)* Seattle Symphony Orchestra/Gerard Schwarz **CPE Bach** *Cello Concerto in B flat, H436* Mstislav Rostropovich, St Paul Chamber Orchestra/Hugh Wolff **Trad, arr Percy Grainger** *Irish Tune from County Derry* London Wind Orchestra/Denis Wick **Rachmaninov** *Symphony No 3 in A minor* Royal Liverpool PO/Vasily Petrenko **Trad, arr Pablo Casals** *Song of the Birds* Pablo Ferrandez (cello), Stuttgart PO/Radoslaw Szulc
10.00 Smooth Classics With Margherita Taylor.
1.00am Emma Nelson Music through the night

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See **p21**

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News, weather and **shipping forecasts** as yesterday

5.30am News Briefing
5.43 Prayer for the Day
Pause for reflection with the Rev Dr Bert Tosh.
5.45 Farming Today
With Caz Graham. Producer Emily Hughes
5.58 Tweet of the Day
Red-legged Partridge. With Chris Watson. (R)
6.00 Today
With Sarah Montague and Nick Robinson.
6.25, 7.25, 8.25 Sports News
7.48 Thought for the Day
With Bishop Tom Butler.
9.00 What's the Point Of Golf?
1/3. Political satirist and broadcaster Quentin Letts questions whether golf is an Olympic sport, a test of character or a way of life.
Producer Rosie Dawson Repeated 9.30pm
9.30 Prime Minister's Props
RT *1/5.* **Neville Chamberlain's Umbrella** Professor Sir David Cannadine ponders the lives of famous politicians by focusing on one of their personal items. He starts with Neville Chamberlain's umbrella, which came to define him as the defender of peace and an appeaser of Hitler.
Producer Melissa FitzGerald
9.45 *FM* **Book of the Week: Flâneuse: Women Who Walk the Cities**
3/5. By Lauren Elkin. The author walks around Paris and considers the 19th-century French novelist George Sand, who promenaded around in gentleman's clothes in the 1800s.
For details see Monday Repeated 12.30am
9.45 *LW* **Daily Service**
An act of worship, featuring a range of choral music, including the hymn *Before the Throne of God Above*. Led by the Rev Andrew Martlew.
10.00 Woman's Hour
Lively discussion presented by Jenni Murray.
10.41 Graham Greene: Monsignor Quixote
3/10. The *15-Minute Drama*.
See drama repeat 7.45pm
10.56 The Listening Project
Two friends reflect on how National Service gave them opportunities to develop their careers.
Producer Marya Burgess Repeated Sunday 10.56am
11.00 Frightened of Each Other's Shadows
Radio and TV presenter Nihal Arthanayake explores people's fear of terror attacks.
Repeated from Monday 8pm
11.30 Guilt Trip
3/4. Comedy by Katherine Jakeways. As Ros and her daughter Laura reach day ten of their walk, a narrowboat reminds Laura of children's TV show *Rosie and Jim*.
Ros **Felicity Montagu** Daughter **Olivia Nixon**
Producer Jane Berthoud
12.04pm Home Front
3/40. **10 August 1916 – Gabriel Graham**
Drama set in Great War Britain on this day 100 years ago. As a letter from Lloyd George encourages the nation to watch the new film *The Battle of the Somme*, the Grahams face an impossible situation.
Gabriel Graham **Michael Bertenshaw** Hugh Cavendish **Alex Wyndham**
Sylvia Graham **Joanna David** Mayor Penfold **John Woodvine**
Howard Argent **Gunnar Cauthery** Franzoni **Giovanni del Vecchio**
Juliet Argent **Lizzie Bourne** Connie Cavendish **Felix Lailey**
Grace Cavendish **Grace Doherty**
For details see Monday
12.15 You and Yours Consumer reports.
1.00 The World at One
News and analysis with Martha Kearney.
1.45 The Ideas That Make Us
3/5. **Narcissism.** Bettany Hughes investigates the concept of narcissism and its meaning in mythology, fashion and psychotherapy. For details see Monday
2.00 The Archers Rptd from yesterday 7pm
2.15 Drama: Recent Events at Collington House
By Matthew Solon. The new headteacher of a secondary school based in a Midlands town is eager to include and accommodate all faiths and cultures, given a large proportion of the students are from a Muslim community, but she finds herself at odds with one of the parent governors.
Roz **Heather Crany** John **Philip Jackson**
Abdul **Neil D'Souza** Mrs Barlow **Becci Gemmill**
Jaffer **Sam Dastor** PC Khan **Jaz Deol**
Folasade "Sade" **Tracy Ifeachor**
Director John Dryden (R)
3.00 Your Money and Your Life
2/4. **30-somethings.** Louise Cooper looks at the generation who are settling down in their 30s, in the process of establishing a career, getting married, buying a home and having children, but also facing more job insecurity and potential for relationship breakdown. Repeated from Saturday 12.04pm
3.30 Inside Health
Dr Mark Porter separates medical fact from fiction, clarifying health issues and shedding light on the latest scientific research.
Repeated from yesterday 9pm
4.00 Self's Search for Meaning
2/3. Will Self asks some of Britain's key opinion-makers to share in simple terms their conclusions about the nature and meaning of human existence.
Producer Kerry McCarthy (R)
4.30 The Media Show
Steve Hewlett presents the topical programme about all forms of media, as key players within the industry help to shed light on the issues of the day.
5.00 PM Presented by Eddie Mair.
6.00 Six o'Clock News
6.30 To Hull and Back
1/4. **This Must Be It.** Comedy drama written by and starring Lucy Beaumont. Sophie pins her hopes of escaping on an acting audition, and enlists the help of her mother.
Sophie **Lucy Beaumont** Jean **Kerrie Marsh**
Sheila **Maureen Lipman** Ernie **Norman Lovett**
Alan **Matt Sutton**
Producer Carl Cooper
7.00 The Archers
New information is brought to Anna's attention.
For cast see Friday Repeated tomorrow 2pm
7.15 Front Row
Arts news and reviews, with Kirsty Lang talking to Alexander McCall Smith about *The Bertie Project*, the latest in his 44 Scotland Street series of novels...Producer Craig Smith
7.45 Graham Greene: Monsignor Quixote
3/10. Father Quixote and his friend Sancho set off on a quest for purple socks.
For cast and details see Monday Repeated from 10.41am
8.00 Party Futures
With the repercussions and uncertainty surrounding the results of the EU referendum, Isabel Hardman chairs a discussion about where the future of the UK's party politics is heading. Producer Gary Connor
8.45 David Baddiel Tries to Understand
6/6. **Rugby.** The comedian seeks to understand the rules of rugby union.
Producer Giles Edwards
9.00 The Whale Menopause
Victoria Gill joins scientists in search of matriarch killer whales to find out why they are the only other animal species that goes through the menopause.
Producer Andrew Luck-Baker
9.30 What's the Point Of Golf?
Repeated from 9am
10.00 The World Tonight With Ritula Shah.
10.45 Book at Bedtime: Reading Europe – Italy: The Parrots
8/10. **When Fate Shows its Hand.** By Filippo Bologna. A satire on Italy's literary scene. In this edition, The Beginner makes a plea.
For details see Monday
11.00 Angela Barnes: You Can't Take it with You
1/4. The comedian muses on love, life and what might come afterwards. Producer Lianne Coop
11.15 Domestic Science
4/4. The trio tries to break a wine glass using the power of voice. Producer Julia McKenzie
11.30 Natalie Haynes Stands Up for the Classics
2/4. **Ovid.** Comedy routines about the Roman poet Ovid. For details see yesterday (R)
12.00 News
12.30–12.45am Book of the Week: Flâneuse: Women Who Walk the Cities
3/5. Repeated from 9.45am
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910
6.00am PC Lee Stories as 8pm
6.15 Craven Manchester-set crime drama (3/5)
6.30 Fighting the Power of Pink as 8.30pm
7.00 A Whole 'Nother Story as 5pm
7.30 I've Never Seen Star Wars as 5.30pm
8.00 The Navy Lark 1965 comedy
8.30 Hancock's Half-Hour 1955 comedy
9.00 Dilemma With Zoe Lyons (6/6)
9.30 Hobby Bobbies Comedy by Dave Lamb (3/4)
10.00 Resurrection Leo Tolstoy's final novel (2/2)
11.00 Jigs and Reels By Joanne Harris (3/5)
11.15 Beyond Borders as 9.15pm
12.00 The Navy Lark 1965 comedy
12.30pm Hancock's Half-Hour 1955 comedy
1.00 PC Lee Stories as 8pm
1.15 Craven Manchester-set crime drama (3/5)
1.30 Fighting the Power of Pink as 8.30pm
2.00 Disobedience By Naomi Alderman (8/10)
2.15 Sport and the British Boxing (13/30)
2.30 The Professor By Charlotte Brontë (8/10)
2.45 The Queen's Agent: Francis Walsingham at the Court of Elizabeth I (3/5)
3.00 Resurrection Leo Tolstoy's final novel (2/2)
4.00 Dilemma With Zoe Lyons (6/6)
4.30 Hobby Bobbies Comedy by Dave Lamb (3/4)
5.00 A Whole 'Nother Story By Amanda Murphy (1/6)
5.30 I've Never Seen Star Wars Marcus Brigstocke challenges 2004 Olympic medallist Kelly Holmes (6/6)
6.00 The Destruction Factor 1978 James Follett sci-fi thriller about the dangerous consequences of a scientifically created plant species, starring TP McKenna, Paul Copley and Rosalind Adams (3/6)
6.30 Off the Page The art of a romantic bust-up
7.00 The Navy Lark 1965 comedy
7.30 Hancock's Half-Hour 1955 comedy
8.00 PC Lee Stories Toby Jones reads Jo Green's adaptations of crime tales from Edgar Wallace's 1909 collection, continuing with *How He Lost His Moustache*
8.15 Craven Manchester-set crime drama (3/5)
8.30 Fighting the Power of Pink Kat Arney explores girls' apparent predilection for the colour pink
9.00 Jigs and Reels Lynda Baron reads Joanne Harris's *Gastronomicon*, about a special recipe book
9.15 Beyond Borders Jean Monnet is charged with the economic reconstruction of France
10.00–12 midnight Comedy Club: 10.00 I've Never Seen Star Wars (6/6), at **10.30 The Castle** (4/6), at **10.55 Interview**, at **11.00 Cowards** (3/4), at **11.30 The Museum of Everything** (6/6)
12.00 as 6pm **12.30am** as 6.30pm
1.00 as 8pm **1.15** as 8.15pm **1.30** as 8.30pm
2.00 as 2pm **2.15** as 2.15pm **2.30** as 2.30pm
2.45 as 2.45pm **3.00** as 3pm **4.00** as 4pm
4.30 as 4.30pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am Newsday: the latest headlines **5.30** The Documentary: Adelia Prado – Voice of Brazil **6.00** Newsday **8.30** Business Daily: finance news, interviews and reports **8.50** Witness: reports on key events in history **9.00** News **9.05** World Book Club: Kiran Desai **10.00** World Update **11.00** Outside Source **12.00** News **12.05pm** Outlook **1.00** The Newsroom **1.30** The Documentary: Adelia Prado – Voice of Brazil **2.00** Newshour **3.00** News **3.05** Hardtalk **3.30** Click **4.00** News **4.05** Business Daily **4.25** The Essential: Inquiry **4.30** Sport Today: global round-up **5.00** World Have Your Say **6.00** The Newsroom **6.30** World Business Report **7.00** The Newsroom **7.30** Sport Today **8.00** News **8.05** Outlook **9.00** Newshour **10.00** News **10.05** Hardtalk: interviews with newsmakers and personalities **10.30** Healthcheck: medical breakthroughs from around the world **11.00** The Newsroom **11.20** Sports News **11.30** World Business Report: financial news **12.00** News **12.05am** World Book Club: Kiran Desai **1.00** News **1.05** Business Matters **2.00** News **2.05** Today in Rio **3.00** News **3.05** The Compass: The Borders of Sanity **3.30** Healthcheck **4.00** Newsday **4.30** Newsday Sport from Rio

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** as Monday
5.00am Morning Reports
5.15 Wake Up to Money
6.00 5 Live Olympic Breakfast
A round-up of Tuesday's action from the Rio Olympic Games.
6.30 5 Live Olympic Breakfast
From Rio, Caroline Barker presents coverage, interviews and reaction to yesterday's action. Nicky Campbell has the morning's main news stories, sport and weather. Plus **Your Call** after **9.00**.
10.00 5 Live Daily
Peter Allen presents news and current affairs interviews.
1.00pm 5 Live Olympics
Mark Chapman is at the rowing, with GB's Heather Stanning and Helen Glover in action in the women's pairs. Plus cycling and women's tennis.
4.00 5 Live News
A round-up of the day's top news and sport, with Tony Livesey. Plus Olympic updates from the afternoon's action in Rio.
4.30 5 Live Olympics
Eleanor Oldroyd presents ahead of a big night of gymnastics and swimming action. Mark Pougatch is at the cycling for the women's and men's time-trial events.
11.00 Phil Williams
Live news and sport. Plus listeners' emails, texts and tweets.
12.20am 5 Live Olympics
Great Britain take on Australia in men's hockey. Plus tennis, and swimming finals including the men's 200m breaststroke and 100m freestyle.
4.00 Up All Night

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927
6.00am Alan Brazil
Topical sports stories.
10.00 Colin Murray
1.00pm Hawksbee and Jacobs
4.00 Danny Kelly and Darren Gough
7.00 Kick-Off With Mark Saggers.
10.00 Andy Goldstein and Jason Cundy
1.00am The Two Mikes

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912
6.00am Harpz Kaur
Chat, top guests, news and music.
10.00 Nihal Topical discussion.
1.00pm Asian Network Reports
1.30 Noreen Khan Desi music and retro hits, plus Haroon Rashid with entertainment news.
5.00 Asian Network Reports
5.30 Bobby Friction
South Asian culture.
9.00 Ray Khan Bollywood hits, requests, a movie quiz and listeners' own Urdu poetry.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915
6.00am Christian O'Connell
10.00 Leona Graham
Mainstream and indie rock and pop from across seven decades.
1.00pm Pete Donaldson
4.00 Sarah Champion
6.00 Geoff Lloyd
Music, wit and whimsy.
9.00 Claire Sturgess
1.00am Chris Martin

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

THURSDAY Radio

Today's Choices

BBC Proms 2016
10.15pm ***Radio 3***

Eclectic British jazz star Jamie Cullum (above) is a singer/songwriter and instrumentalist whose music straddles the boundaries of jazz, pop and rock. When he made his Proms debut in 2010 he filled a sold-out Royal Albert Hall with feelgood tunes. And he's back with crossover band the Heritage Orchestra and the Roundhouse Choir for another eagerly awaited late-night gig. But this time he's planning something rather different. 'We're going to focus on song,'' he says. ''Some of my own and some new and exciting interpretations.'' He's taking inspiration from the hall itself: ''The RAH is one of those curious venues that can feel at once very intimate and then incredibly grand and open. I intend to exploit that quality.'' And the Prommers? ''My favourite kind of audience.''

DAVID GILLARD

Crossing Continents: Poland's Amateur Defenders *11.00am* ***Radio 4***

Growing tensions between Russia and the West are nowhere more keenly felt than in forests across north-eastern Poland, and people's fears have begun to manifest themselves in war games played out by thousands of enthusiastic young volunteers who have formed paramilitary groups against the threat of possible invasion. With the Polish government planning to recruit these would-be fighters for a state-run defence force, Tim Whewell reports from this heavily wooded frontline and asks if such unsettling action is really necessary or merely a case of paranoia. **TOM GOULDING**

GETTY

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News and **Newsbeat** as Tuesday

6.30am Nick Grimshaw Chart hits and good-natured chat.
10.00 Adele Roberts
1.00pm Scott Mills
4.00 Greg James
7.00 Annie Mac Music and chat.
9.00 Radio 1's Playlists A guest selects the music.
10.00 BBC Radio 1's Residency With Kolsch and Louisahhh.
1.00am Toddla T Carnival vibes.
4.00 Jordan North

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

7.00am A.Dot
10.00 Trevor Nelson
1.00pm Yasmin Evans
4.00 Charlie Sloth Hip-hop and heavy hits.
7.00 MistaJam Tunes and guests.
10.00 Seani B Dancehall, neo-R&B and hip-hop.
1.00am Toddla T Carnival vibes.

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **weather** as Monday

5.00am Nicki Chapman Music, chat and a look at today's papers.
6.30 Chris Evans Chat, chart hits, pop oldies, features, a look at the papers, travel updates and phone-in discussions.
9.30 Ken Bruce Gentle chat, music from Radio 2's current playlist and familiar records from yesteryear. Including after **11.30 Tracks of My Years**, with Texas-raised country-pop singer LeAnn Rimes, who entered the charts in 1996 with the single *Blue* before going global a year later with her signature smash *How Do I Live*. She reached number one in Britain with her 2000 hit *Can't Fight the Moonlight*. Today she discusses favourite records by Joni Mitchell and Don McLean.
12.00 Vanessa Feltz With news and topical discussion, including a phone-in. Plus new music and a pick of hip pop oldies.
2.00pm Steve Wright New chart hits and radio oldies, plus regular features and top guests.
5.00 Mark Goodier Music, chat, finance and sport.
7.00 Bob Harris Country Old and new country, roots and Americana, tonight with a live session from Nashville country-rock trio the Cadillac Three, performing songs from their latest album *Bury Me in My Boots*.
8.00 Jo Whiley New music, hip oldies and interviews, plus occasional live sessions.
10.00 The Radio 2 Arts Show Gemma Cairney sits in for Jonathan Ross with the latest film, art, theatre, dance and music across the country, plus books, studio guests and new music and hip oldies.
12.00 Alex Lester
3.00am The Craig Charles House Party Featuring seven decades of funk, soul and neo-R&B. (R)

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** as Monday

6.30am Breakfast With Clemency Burton-Hill.
9.00 Essential Classics With Rob Cowan.
My Favourite…Impromptus Rob introduces more works based on improvisation and impulse.
9.30 The challenge is to identify the TV show or film that featured a certain piece of classical music.
10.00 An interview with actress Jessica Hynes.
10.30 Music in Time: Renaissance Rob turns the spotlight on the Renaissance era as he examines how the publication of polyphonic music helped to advance the career of Tomás Luis de Victoria.
10.45 Rob features the BBC National Orchestra of Wales, who will be playing in tonight's Prom.
Stravinsky *Scherzo fantastique* BBC National Orchestra of Wales, conductor Thierry Fischer
11.00 Edinburgh International Festival 2016 LIVE Songs from Broadway, operetta and the free-spirited cabaret scene of 1930s Berlin. Simon Keenlyside (baritone), Howard McGill (saxophone, clarinet, flute, piccolo), Gordon Campbell (trombone), Richard Pryce (double bass), Matthew Regan (piano), Mike Smith, (drums, percussion)
Berlin *Isn't This a Lovely Day (Top Hat)* **Kalman** *Tanz 17c (The Duchess of Chicago); Lichtreklamen; Tanz 16b (The Duchess of Chicago)* **Weill** *Johnny Johnson's Song* **Kalman** *Tanz No 1; Cowboy Song (verse 1) (Arizona Lady)* **Weill** *Song of the Bigshot (Happy End); Lonely at Home (Street Scene)* **Rodgers** *Soliloquy (Carousel)* **Berlin** *Call Me Up Some Rainy Afternoon* **Gershwin** *How Long Has This Been Going On? (Funny Face)* **Kern** *Let's Begin (Roberta)*
11.45 Interval Donald Macleod introduces Leonard Bernstein's symphonic suite from Elia Kazan's 1954 film *On the Waterfront*.
Strayhorn *Lush Life* **Carmichael** *Stardust* **Ellington** *Mood Indigo* **Gershwin** *Love is Here to Stay* **Loewe** *On the Street Where You Live (My Fair Lady)* **Porter** *What is This Thing Called Love? (Wake Up and Dream)* **Blane/Martin** *The Girl Next Door (The Boy Next Door) (Meet Me in St Louis)* **Carmichael** *Skylark* **Porter** *So in Love (Kiss Me, Kate)* **Ellington** *Do Nothing Till You Hear from Me* **Kern** *She Didn't Say Yes (The Cat and the Fiddle)*
1.00pm Radio 3 Lunchtime Concert Tom Redmond with further performances from the Manchester Chamber Concerts Society, recorded at the Royal Northern College of Music.
Moeran *Fantasy Quartet in F minor*
Britten *Phantasy Quartet*
Britten Oboe Quartet
Britten Cello Sonata in C, Op.65
Gershwin Three Preludes
Alban Gerhardt (cello), Anne-Marie McDermott (piano)
2.00 Afternoon on 3 With Penny Gore.
BBC Proms 2016. Presented by Clemency Burton-Hill, from the Royal Albert Hall, London. Alban Gerhardt (cello), Ildiko Komlosi (mezzo), John Relyea (bass), RPO, conductor Charles Dutoit
Dvorak *Cello Concerto in B minor, Op 104*
Bartok *Duke Bluebeard's Castle*
Followed by recordings from this week's Proms Artists.
4.30 In Tune Presented by Suzy Klein.
6.00 Composer of the Week: Villa-Lobos *4/5.* **The Great Educator.** Presenter Donald Macleod considers how the revolution of 1930 turned Villa-Lobos's life around.
Missa Sao Sebastiao (Benedictus – Sebastian! The Saint) Corydon Singers, conductor Matthew Best
Plantio do Coboclo (Ciclo Brasileiro)
Debora Halasz (piano)
Descobrimento do Brasil, Primeira Missa do Brasil (Suite No 4) BBC Symphony Orchestra and Chorus, conductor Sakari Oramo
Bach, arr Villa-Lobos *Fugue in E flat minor (The Well-Tempered Clavier, Bk 1), BWV853* SWR Vokalensemble Stuttgart, conductor Marcus Creed
Villa-Lobos *Bachianas Brasileiras No 8* Sao Paulo Symphony Orchestra, conductor John Neschling
7.00 BBC Proms 2016 LIVE From the Royal Albert Hall, Martin Handley introduces the BBC National Orchestra of Wales performing music by Bartok and Dvorak and a new work by Malcolm Hayes.
Tai Murray (violin), BBC National Orchestra of Wales, conductor Thomas Sondergard
Bartok *Dance Suite*
Malcolm Hayes *Violin Concerto (BBC commission: first performance)*
7.45 Proms Extra: An Introduction to Dvorak's Seventh Symphony Petroc Trelawny is joined by author and musicologist Jan Smaczny to introduce arguably Dvorak's most fascinating symphony.
8.05 Dvorak *Symphony No 7 in D minor*
Repeated Thursday 25 August 2pm
9.15 Free Thinking Festival Rana Mitter chairs a debate on the future of work.
Producer Luke Mulhall (R)
10.15 BBC Proms 2016 RT Clemency Burton-Hill introduces a late-night Prom from the Royal Albert Hall, in which jazz star and broadcaster Jamie Cullum, backed by the Roundhouse Choir and the Heritage Orchestra, offers fast-and-loose covers of favourite songs.
11.30 Late Junction Max Reinhardt presents beats from Bogotá courtesy of Chúpame El Dedo, fairground disco from D.W. Robertson and an excerpt from a Louis Andriessen monodrama.
12.30am Through the Night With Jonathan Swain. **Mozart** *Piano Sonata No 6 in D, K284* **12.56 Verdi, arr Liszt** *Danza sacra e Duetto finale (Aïda)* **1.09 Liszt** *Après une lecture de Dante: Fantasia quasi sonata (Années de Pèlerinage)* **1.25 Chopin** *24 Preludes, Op 28; Mazurka in A minor, Op 67 No 4* Yulianna Avdeeva (piano) **2.07 CPE Bach** *Flute Concerto in D minor, H426* **2.31 Mendelssohn** *Violin Concerto in D minor* **3.09 Svendsen** *String Octet in A, Op 3* **3.46 Foulds** *An Arabian Night* **3.52 Stainov** *The Secret of the Struma River* **4.00 Purcell** *Trumpet Suite* **4.08 Fauré** *Nocturne No 1 in E flat minor, Op 33* **4.16 Rore** *Vaghi pensieri* **4.21 Dvorak** *Slavonic Dances, Op 46: No 8 in G minor; No 3 in A flat* **4.31 Walton** *Orb and Sceptre* **4.39 Czerny** *Brilliant polonaise for piano six hands, Op 296* **4.53 Praetorius** *Meine seel erhebt den Herren* **5.06 Debussy** *Cello Sonata* **5.18 Mozart** *Flute Quartet No 4 in A, K298* **5.31 Sibelius** *Symphony No 7 in C* **5.52 Beethoven** *Violin Sonata No 6 in A, Op 30 No 1* **6.15 Auric** *Suite: It Always Rains on Sunday*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Shaun Keaveny Indie music and laughs.
10.00 Lauren Laverne Chat, music and guests.
1.00pm Mark Radcliffe and Stuart Maconie With lexicologist, etymologist and *Countdown* star Susie Dent in the studio. See 3.10pm Channel 4
4.00 Steve Lamacq With **Roundtable** at **6.00**.
7.00 Marc Riley New music and features.
9.00 Tom Ravenscroft Archive live performances.
12.00 6 Music Recommends
1.00am Don't Look Back in Anger – the Story of Britpop *2/2.* Blur v Oasis. **2.00 What's the Story? – The Story of Oasis** *4/4* With Mark Radcliffe **2.30 Live Hour 3.30 Jukebox 5.00 Elizabeth Alker**

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

6.00am Breakfast with Paul Anthony 10.00 Wyatt Wendels 2.00pm Darren Redick 6.00 RockBlock 7.00 Danny Bowes (R) **9.00 Blues Power** With Bernard Doherty (R) **10.00 Nights with Alice Cooper** Classic rock and anecdotes **1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

6.00am More Music Breakfast
9.00 John Suchet Classical hits.
1.00pm Anne-Marie Minhall Requests.
5.00 John Brunning Classic FM favourites.
7.00 Smooth Classics With John Brunning.
8.00 The Full Works Concert Catherine Bott presents music inspired by or written about birds.
Respighi *The Birds* Orpheus Chamber Orchestra
Vaughan Williams *The Lark Ascending* Nigel Kennedy (violin), City of Birmingham Symphony Orchestra, conductor Simon Rattle
Haydn *Symphony No 83 in G minor (The Hen)* Handel and Haydn Society, conductor Harry Christophers
Dvorak *The Wood Dove, Op 110* Berlin Philharmonic Orchestra, conductor Simon Rattle
Catriona McKay *The Swan* Aquarelle Guitar Quartet
Vivaldi *Violin Concerto in A, RV335 (The Cuckoo)* Andrew Manze (violin), Academy of Ancient Music, conductor Christopher Hogwood
10.00 Smooth Classics With Margherita Taylor.
1.00am Jane Jones Music through the night.

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News 5.30am, 6.00 and hourly to 10.00 (*FM/LW*), 11.00 and hourly to 6.00pm (*FM*), 7.00 and hourly to 12 midnight (*FM/LW*)
Weather 6.05am, 6.57, 7.57, 12.57pm (*FM*), 5.57 (*FM*), 9.59, 12.30am
Shipping Forecasts 5.20am, 12.01pm (*LW*), 5.54 (LW), 12.48am

5.30am News Briefing
5.43 Prayer for the Day With the Rev Dr Bert Tosh.
5.45 Farming Today
News about food, farming and the countryside.
5.58 Tweet of the Day
Hen Harrier. With Chris Packham. (R)
6.00 Today
With Nick Robinson and Justin Webb.
6.25, 7.25, 8.25 Sports News
7.48 Thought for the Day
With the Rev Joel Edwards.
9.00 Inside the Ethics Committee
2/3. **Growth Restriction in Pregnancy**
Joan Bakewell chairs a discussion on the ethical dilemmas faced by couples and medical teams when it is discovered that a fetus is no longer growing in the womb.
Producer Beth Eastwood Repeated Saturday 10.15pm
9.45 *FM* **Book of the Week: Flâneuse: Women Who Walk the Cities**
4/5. Author Lauren Elkin strolls the streets of Venice, pondering the artist Sophie Calle's time in the city. Read by Julianna Jennings.
For details see Monday Repeated 12.30am
9.45 *LW* **Daily Service**
An act of worship led by the Rev Dr Kirsty Thorpe. Angel voices (*Angel Voices*). Matthew 22 vv23–33. For he shall give his angels (Mendelssohn). Praise to the holiest (*Gerontius*). Director of music Paul Leddington Wright. Organist Daniel Moult.
10.00 Woman's Hour *FM only from 10.25*
Lively discussion presented by Jenni Murray.
10.45 *FM* **Graham Greene: Monsignor Quixote** *4/10.* The *15-Minute Drama*.
For details see drama repeat 7.45pm

10.25–6.45pm* *LW* **Test Match Special**
England v Pakistan
Day one of the Fourth Test from the Oval. .
**approximate times*
Commentary also on 5 Live Sports Extra 10.25am

11.00 *FM* **Crossing Continents**
RT *4/9.* Tim Whewell reports from Poland on its amateur defence forces.
Producer Estelle Doyle Repeated Monday 8.30pm
11.30 *FM* **David Hockney – Back in LA**
With David Hockney's exhibition of portraits drawing crowds to the Royal Academy in London, another chance to hear a programme first broadcast in June in which the artist is in conversation with the art critic Martin Gayford. Producer: Paul Smith (R)

12.04pm *FM* **Home Front**
4/40. **11 August 1916 – Juliet Argent.** By Sarah Daniels. Italy drives Germany back, and Juliet Argent faces losing her husband.
Juliet Argent **Lizzie Bourne** Dorothea Winwood **Rachel Shelley**
Hugh Cavendish **Alex Wyndham** Connie Cavendish **Felix Lailey**
Howard Argent **Gunnar Cauthery** Grace Cavendish **Grace Doherty**
For details see Monday
12.15 *FM* **You and Yours** Consumer reports.
1.00 *FM* **The World at One**
News and analysis with Martha Kearney.
1.45 *FM* **The Ideas That Make Us**
4/5. **Technology.** Bettany Hughes is joined by anthropologist Deborah Ruscillo and historians Hannah Dawson and Yuval Harari to investigate changing ideas about technology.
For details see Monday
2.00 *FM* **The Archers** Rptd from yesterday 7pm
2.15 *FM* **Drama: The Man Inside the Radio Is My Dad**
By Louise Monaghan. Seven-year-old Chloe worries that her mother is lying when she tells her that her father is away on a trip and will not be home for a long time. The truth comes out and Chloe finds herself listening to a CD on which he reads her stories.
Debra **Charlie Brooks** Mrs Worthington **Jane Slavin**
Chloe **Trixiebelle Harrowell** Dad **Harry Myers**
Nan **Christine Absalom**
Producer/Director Tracey Neale
3.00 *FM* **Open Country**
7/11. **The Man Engine.** Helen Mark reports on the UK's biggest puppet as it strides out across Cornwall to celebrate ten years since the county's mining landscapes were awarded the status of Unesco world heritage sites. Local people discuss what tin mining means to them and to their sense of history, and former miners look back.
Producer Helen Lennard Repeated Saturday 6.07am
3.27 *FM* **Radio 4 Appeal** Rptd from Sun 7.55am
3.30 *FM* **Bookclub**
James Naughtie and a group of readers talk to Evie Wyld about her debut novel *After the Fire, A Still Small Voice*. Repeated from Sunday 4pm
RT BOOKS all of Radio 4's featured books are available from radiotimes.com/bookshop
4.00 *FM* **The Film Programme**
Antonia Quirke talks to Stig Bjorkman, the director of a new documentary about Ingrid Bergman, and poet Don Paterson explores one of the most quoted pieces of dialogue in cinema history: "We'll always have Paris" – Humphrey Bogart's line to Ingrid Bergman in *Casablanca*.
Producer Stephen Hughes Repeated Sunday 11pm
4.30 *FM* **BBC Inside Science**
Adam Rutherford talks to Siddhartha Mukherjee , author of *The Gene, An Intimate History*, and they discuss the potential that genetic research offers to change fates and identities. Producer Adrian Washbourne Rptd 9pm
5.00 *FM* **PM** Presented by Eddie Mair.
6.00 *FM* **Six o'Clock News**
6.30 Simon Evans Goes to Market
FM only until 6.45
3/4. Comedian Simon Evans, economist Tim Harford and Merryn Somerset Webb, the editor of *Money Week*, look at the economics of having children. And couple Andy and Sophie ask whether they should, and if so how many, and when. Producer Clare Jones
7.00 The Archers
Life in Ambridge.
For cast see Friday Repeated tomorrow 2pm FM
7.15 Front Row
A round-up of arts news and reviews with Samira Ahmed. Producer: Rachel Simpson
7.45 Graham Greene: Monsignor Quixote
4/10. Father Quixote and Sancho arrive in Madrid to buy purple socks, and attract the attention of the Guardia Civil.
For cast and details see Monday Repeated from 10.45am
8.00 The Briefing Room
Current affairs documentary focusing on an important topical issue. Producer Innes Bowen
8.30 In Business
1/9. **How Safe Are Your Secrets?** Peter Day talks to experts about what companies can do to protect themselves from corporate espionage. Producer Lucy Hooker
9.00 BBC Inside Science Rptd from 4.30pm
9.30 Lives in a Landscape
3/4. **Goodbye to Boleyn.** After 111 years, West Ham United are moving from the Boleyn Ground in Upton Park to the Queen Elizabeth Olympic Park in Stratford. Alan Dein walks the streets surrounding the club's old home as he chronicles its history. Producer Mark Burman (R)
10.00 The World Tonight With Razia Iqbal.
10.45 Book at Bedtime: Reading Europe – Italy: The Parrots
9/10. **Into the Wolf's Lair.** By Filippo Bologna, abridged by Richard Hamilton. The Master takes his last chance. Read by Sam Rix, Anthony Head and Oliver Ford Davies. For details see Monday
11.00 Heresy
1/6. Victoria Coren Mitchell chairs the comedy show that debates the veracity of received wisdom. She is joined by panellists Germaine Greer, Lee Mack and David Schneider, with foxes, maths and Wimbledon champion Andy Murray the subjects under discussion.
Producers Victoria Coren Mitchell and Daisy Knight (R)
11.30 Natalie Haynes Stands Up for the Classics
3/4. **Plato.** Natalie Haynes is joined by classicist Edith Hall and psychotherapist Philippa Perry to devise jokes about the Greek philosopher Plato. Details see Tuesday (R)
12.00 News
12.30–12.45am Book of the Week: Flâneuse: Women Who Walk the Cities
4/5. By Lauren Elkin. Repeated from 9.45am
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am PC Lee Stories as 8pm
6.15 Craven By Amelia Bullmore (4/5)
6.30 Vines on the Frontline as 8.30pm
7.00 The Little World of Don Camillo as 5pm
7.30 Simon Evans Goes to Market Comedy (2/4)
8.00 The Small, Intricate Life of Gerald C Potter
8.30 Radio Active 1986 comedy (5/8)
9.00 The Unbelievable Truth Panel comedy
9.30 Pankhiraj as 4.30pm
10.00 The Heat of the Day as 3pm
11.00 Jigs and Reels as 9pm
11.15 Only a Matter of Time By Alan Plater
12.00 The Small, Intricate Life of Gerald C Potter
12.30pm Radio Active 1986 comedy (5/8)
1.00 PC Lee Stories as 8pm
1.15 Craven By Amelia Bullmore (4/5)
1.30 Vines on the Frontline as 8.30pm
2.00 Disobedience By Naomi Alderman (9/10)
2.15 Sport and the British How working women accessed sport in the early 20th century (14/30)
2.30 The Professor Charlotte Brontë tale (9/10)
2.45 The Queen's Agent: Francis Walsingham at the Court of Elizabeth I By John Cooper (4/5)
3.00 The Heat of the Day Drama by Elizabeth Bowen, starring Henry Goodman (1/2)
4.00 The Unbelievable Truth Panel comedy
4.30 Pankhiraj Tanika Gupta's comedy *Homeward Bound*, starring Souad Faress. From 1996
5.00 The Little World of Don Camillo Adaptation of Giovanni Guareschi's comic stories
5.30 Simon Evans Goes to Market Comedy (2/4)
6.00 The Destruction Factor Sci-fi thriller (4/6)
6.30 Great Lives Claude McKay (1889–1948)
7.00 The Small, Intricate Life of Gerald C Potter
7.30 Radio Active 1986 comedy (5/8)
8.00 PC Lee Stories Jo Green's adaptation of Edgar Wallace's 1909 crime tale *Sergeant Run-a-Mile*
8.15 Craven By Amelia Bullmore (4/5)
8.30 Vines on the Frontline Jeremy Bowen meets the winemakers of Lebanon. From 2011
9.00 Jigs and Reels Lesley Sharpe reads Joanne Harris's short story *The Ugly Sister*
9.15 Only a Matter of Time By Alan Plater
10.00–12.00 Comedy Club: Simon Evans Goes to Market (2/4), at **10.30 Lionel Nimrod's Inexplicable World** (3/6), at **11.00 The Mark Steel Revolution** (6/6), at **11.30 The Shuttleworths** (2/6), and at **11.45 The In Crowd** (2/5)
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 8pm **1.15** as 8.15pm **1.30** as 8.30pm **2.00** as 2pm **2.15** as 2.15pm **2.30** as 2.30pm **2.45** as 2.45pm **3.00** as 3pm **4.00** as 4pm **4.30** as 4.30pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am Newsday: the latest headlines **5.30** Sport Today **6.00** Newsday **8.30** Business Daily: finance news, interviews and reports **8.50** Witness: reports on key events in history **9.00** News **9.05** The Thought Show **10.00** World Update **11.00** Outside Source **12.00** News **12.05pm** Outlook: perspectives on important issues **1.00** The Newsroom **1.30** Sport Today **2.00** Newshour **3.00** News **3.05** The Compass: The Borders of Sanity **3.30** Healthcheck: medical breakthroughs from around the world **4.00** News **4.05** Business Daily **4.25** The Essential: From Our Own Correspondent **4.30** Sport Today **5.00** World Have Your Say **6.00** The Newsroom **6.30** World Business Report **7.00** The Newsroom **7.30** Sport Today: news and results from around the world **8.00** News **8.05** Outlook: perspectives on important issues **9.00** Newshour: the stories behind the latest headlines **10.00** News **10.05** The Compass: The Borders of Sanity **10.30** Science in Action **11.00** The Newsroom **11.20** Sports News **11.30** World Business Report **12.00** News **12.05am** The Thought Show **1.00** News **1.05** Business Matters **2.00** News **2.05** Today in Rio **3.00** News **3.05** Talking Books **3.30** Science in Action **4.00** Newsday **4.30** Newsday Sport from Rio

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** as Monday
5.00am Morning Reports
5.15 Wake Up to Money
6.00 5 Live Olympic Breakfast
From Rio, Caroline Barker presents coverage, interviews and reaction to yesterday's action. Nicky Campbell has the morning's main news stories, sport and weather. Plus **Your Call** after **9.00**.
10.00 5 Live Daily
Peter Allen presents news and current affairs interviews.

5 Live Sports Extra *Digital only*
10.25am–6.45pm Test Match Special Day one of the Fourth Test between England and Pakistan at the Oval.

1.00pm 5 Live Olympics
Mark Chapman presents as the Olympic golf competition gets underway. Plus rowing featuring GB medal chances in the women's double sculls and the men's lightweight four.
4.00 5 Live News
A round-up of the day's top news and sport, with Tony Livesey. Plus Olympic updates from Rio.
4.30 5 Live Olympics
Eleanor Oldroyd introduces the first day of the track cycling competition. Plus men's rugby sevens, women's gymnastics, boxing and canoe slalom action. And from **11.00** Great Britain's women's hockey team face Japan. Plus coverage of the men's rugby sevens final and another big night of swimming.
4.00am Up All Night
News, interviews and stories with Charissa Chadderton.

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927

6.00am Alan Brazil
Including topical sports stories.
10.00 Colin Murray
1.00pm Hawksbee and Jacobs
4.00 Danny Kelly and Darren Gough Football news.
7.00 Kick-Off With Mark Saggers.
10.00 Andy Goldstein and Jason Cundy
1.00am The Two Mikes

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912

6.00am Harpz Kaur
With chat, top guests, news, sport and Bollywood and bhangra hits.
10.00 Nihal Topical discussion.
1.00pm Asian Network Reports
1.30 Noreen Khan
Desi music and retro hits, plus Haroon Rashid with entertainment news.
5.00 Asian Network Reports
5.30 Bobby Friction
Bollywood and bhangra anthems.
9.00 Mim Shaikh
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915

6.00am Christian O'Connell
10.00 Leona Graham
Old and new records by guitar-strumming males and rock chicks.
1.00pm Pete Donaldson
4.00 Sarah Champion
6.00 Geoff Lloyd
Music, wit and whimsy.
9.00 Claire Sturgess
1.00am Chris Martin

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

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Puzzles Enter our **Prize Crossword** and win £75 of book vouchers Your RT P147

FRIDAY Radio

Today's Choices

BENJAMIN EALOVEGA

BBC Proms 2016

7.30pm ***Radio 3***

A passacaglia is an instrumental work with a continuously repeated theme – and it's diversely explored tonight by the BBC National Orchestra of Wales under conductor Thomas Søndergård. Webern's *Passacaglia* is a highly individual piece with 23 interpretations of a sparse theme, while Brahms ends his epic *Symphony No 4* with a momentous passacaglia that has 30 musical variations. The programme also includes Walton's graceful *Partita* and the world premiere of Huw Watkins's (above) *Cello Concerto*, written for his brother, Paul. "I'm biased, of course," says the composer, "but there's no cellist I know who makes a more beautiful, expressive sound than Paul. I've written more for him than anyone else but this is the first time I've had the chance to write a full-scale concerto with Paul at the heart of it." **DAVID GILLARD**

Sore Fingers

6.30am/1.30pm/8.30pm/ 1.30am ***4 Extra***

The American residents who arrive at the Sore Fingers Summer School in Chipping Norton refer to it as "Hogwarts" – the ancient school buildings in which this annual music event is held, dormitories and all, does convey a Potter-esque feel. But that's where all similarities end. This is a gathering of fiddlers, banjo, guitar and double-bass players not trainee wizards and witches. They start strumming, picking and twanging at 7.30am and finish in the early hours the next morning – hence the sore fingers. And the music? Pure bluegrass. As much as I adored the programme, I endured the music! **JANE ANDERSON**

BBC Radio 1

97.6–99.8 FM bbc.co.uk/radio1
F'view* 700 **F'sat** 700 **Sky** 0101 **Virgin** 901

News and **Newsbeat** as Tuesday except no news at 10pm

6.30am Nick Grimshaw
10.00 Adele Roberts
1.00pm Scott Mills
4.00 The Official Chart
Top 40 rundown with Greg James.
6.00 Radio 1's Dance Anthems
7.00 Annie Mac Music and chat.
10.00 Pete Tong Club sounds.
1.00am B.Traits Carnival bassline.
4.00 Radio 1's Essential Mix Top DJs.

Radio 1: Get in touch by phone on 0370 010 0100 or text 81199 (standard rate). Write to Radio 1, BBC, London W1W 6AJ

1Xtra

bbc.co.uk/1xtra
F'view 701 **F'sat** 701 **Sky** 0137 **Virgin** 907

7.00am A.Dot
10.00 Trevor Nelson
1.00pm Yasmin Evans
4.00 Charlie Sloth Hip-hop.
7.00 DJ Target New talent.
10.00 Semtex UK and US hip-hop.
1.00am DJ Target New talent.
4.00 Diplo and Friends Dance music.

BBC Radio 2

88–90.2 FM bbc.co.uk/radio2
F'view* 702 **F'sat** 702 **Sky** 0102 **Virgin** 902

News and **weather** as Monday except no news at 9pm

5.00am Nicki Chapman
6.30 Chris Evans
9.30 Ken Bruce
Including after **11.30 Tracks of My Years**, featuring the final two picks of Texas-raised country-pop singer LeAnn Rimes. She concludes with records by Bonnie Raitt and Prince.
12.00 Vanessa Feltz
2.00pm Steve Wright
5.00 Mark Goodier
7.00 Desmond Carrington
Golden oldies show, tonight with a playlist devoted to "optimism".
8.00 Friday Night Is Music Night
Keith Lockhart conducts the BBC Concert Orchestra in a celebration of musical productions staged over the past 30 years at Chichester Festival Theatre, originally founded in 1962 by optician and mayor Leslie Evershed-Martin. Ken Bruce introduces the event which features stage stars Anna-Jane Casey (*Mack and Mabel*, *Forbidden Broadway*), Olivier-winning actor Michael Ball (*Sweeney Todd*), and Roy Hudd and Christopher Timothy, both of whom appeared in the 1981 success *Underneath the Arches*. The theatre's other big hits include *Babes in Arms*, *42nd Street*, *Singin' in the Rain*, *Carousel*, *Guys and Dolls*, *Barnum*, *The Music Man* and *Gypsy*, many of which transferred to the West End. First broadcast in January. (R)
10.00 Sounds of the 80s
Sara Cox waxes nostalgic with Annabella Lwin, former lead singer of tribal post-punk act Bow Wow Wow, who first hit big with critics – both 1980 singles *Your Cassette Pet* and *C30, C60 ,C90, Go!* made the Top Ten of *NME* critics' year-end poll – and then in 1982 reached their pop chart peak with the *Go Wild in the Country* and *I Want Candy*. There's also a chart rundown of the top five from this week in 1986.
12.00 Alex Lester
3.00am Huey Morgan

BBC Radio 3

90.2–92.4 FM bbc.co.uk/radio3
Freeview* 703 **Freesat** 703 **Sky** 0103 **Virgin** 903

News and **weather** as Monday

6.30am Breakfast With Tom McKinney.
9.00 Essential Classics With Rob Cowan.
My Favourite…Impromptus Rob introduces more works based on improvisation and impulse.
9.30 In the musical challenge, listeners are tasked to trace the classical theme behind a well-known song.
10.00 An interview with actress Jessica Hynes.
10.30 Music in Time: Baroque Music by Pachelbel.
10.45 Rob's **Proms Artist of the Day** is the cellist Paul Watkins, performing at tonight's Prom 37 in the premiere of his brother Huw's *Cello Concerto*.
Martinu *Variations on a Slovak Folksong*
Paul Watkins (cello), Huw Watkins (piano)
11.00 Edinburgh International Festival 2016
LIVE From the Queen's Hall in Edinburgh, Donald Macleod introduces a lushly Romantic recital by the Australian Chamber Orchestra, performing Wagner's tender *Siegfried Idyll* and Mahler's richly spiritual song cycle *Das Lied von der Erde*, arranged in 1920 by Schoenberg for chamber ensemble. Alice Coote (mezzo), Stuart Skelton (tenor), Australian Chamber Orchestra, director Richard Tognetti (violin)
Wagner *Siegfried Idyll*
11.20 Interval Cecilia Bernardini plays Bach's *Violin Concerto in E*. She's joined by the Dunedin Consort, conducted by John Butt.
11.40 Mahler, arr Schoenberg *Das Lied von der Erde*
1.00pm Radio 3 Lunchtime Concert
Tom Redmond concludes this week's spotlight on the Manchester Chamber Concerts Society, recorded at the city's Royal Northern College of Music.
Knussen *Cantata for oboe and string trio, Op 15 (Part 3, Triptych)*
Britten Oboe Quartet
Brahms *Piano Quintet in F minor, Op 34*
Aleksandar Madzar (piano), Navarra Quartet
2.00 Afternoon on 3 With Penny Gore.
BBC Proms 2016. Oliver Knussen conducts the BBC Symphony Orchestra in works by Reinbert de Leeuw and Brahms. Presented by Penny Gore, from the Royal Albert Hall, London.
Peter Serkin (piano), BBCSO, conductor Oliver Knussen
Brahms *Piano Concerto No 2 in B flat, Op 83*
Reinbert de Leeuw *Der nächtliche Wanderer (first UK performance)*
Followed by recordings from this week's Proms Artists
4.30 In Tune
Suzy Klein is joined by West End star Ruthie Henshall.
6.30 Composer of the Week: Villa-Lobos *5/5.* **Life in the Limelight.** Among the composer's last commissions were a film score for MGM, a Broadway musical, a Chopin homage for Unesco, a concerto for the guitarist Segovia, a symphony for the Boston Symphony Orchestra and a concerto grosso for the newly created American Wind Symphony Orchestra. Presented by Donald Macleod.
Overture: Floresta do Amazonas Moscow Physical and Engineering Institute Male Chorus, Moscow Radio Symphony Orchestra, conductor Alfred Heller
Food for Thought (Magdalena)
Judy Kaye (singer), Orchestra New England, conductor Evans Haile
Hommage à Chopin Jonathan Plowright (piano)
Guitar Concerto Julian Bream, London Symphony Orchestra, conductor André Previn
Symphony No 11 (2nd mvt) Stuttgart Radio Symphony Orchestra, conductor Carl St Clair
Concerto Grosso (1st mvt) "The President's Own" United States Marine Band, conductor José Serebrier
Floresta do Amazonas (Melodia Sentimental)
Anna Korondi (soprano), Sao Paulo Symphony Orchestra and Choir, conductor John Neschling
7.30 BBC Proms 2016
RT From the Royal Albert Hall in London, Petroc Trelawny presents the BBC National Orchestra of Wales in works by Walton, Webern and Brahms, plus a new cello concerto composed by Huw Watkins for his brother Paul.
Paul Watkins (cello), BBC National Orchestra of Wales, conductor Thomas Sondergard
Walton *Partita*
Huw Watkins *Cello Concerto (BBC commission: first performance)*
8.20 Proms Extra: An Introduction to Brahms's Fourth Symphony Andrew McGregor and Laura Tunbridge provide an introduction to the composer's last symphony, premiered in 1885, and notable for its final movement which is in the form of a symphonic passacaglia.
8.40 Webern *Passacaglia*
Brahms *Symphony No 4 in E minor*
Repeated Friday 26 August 2pm
10.00 Free Thinking Festival
Philip Dodd talks to Richard Dawkins about his memoir, *Brief Candle in the Dark*.
Producer Luke Mulhall (R)
10.45 The Essay: Venice Unravelled *4/4.* **So Near to Venice.** Polly Coles – author of *The Politics of Washing: Real Life in Venice* – focuses on the invisible residents who service the millions of tourists who visit the city every year. (R)
11.00 World on 3
Coinciding with the Olympics, Lopa Kothari travels to São Paulo, Brazil, to introduce a session with Brazilian folk and popular musicians.
1.00am Through the Night With John Shea.
A recital from Romanian Radio of Beethoven's *Violin Sonata in A, Op 30 No 1* and Lekeu's *Violin Sonata in G*
Gabriel Croitoru (violin), Horia Mihail (piano) **2.00 Franck** *Psyché* **2.48 Schumann** *Songs from Myrten, Op 25* **3.01 Chopin** *Piano Concerto No 1 in E minor, Op 11* **3.42 Grieg** *String Quartet No 2 in F (unfinished)* **4.03 Röntgen** *Theme with Variations* **4.14 Handel** *Die ihr aus dunkeln Grüften den eiteln Mammon grabt, HWV208* **4.19 Mozart** *Vorrei spiegarvi, oh Dio* **4.27 Brahms** *Three Lieder, arr for cello and piano* **4.35 Borodin, arr Sargent** *Nocturne* **4.43 Debussy** *La plus que lente* **4.48 Jiranek** *Flute Concerto in G* **5.01 Foulds** *Keltic Overture, Op 28* **5.09 Coulthard, orch Michael Conway Baker** *Four Irish Songs* **5.18 Gershwin** *Three Preludes for piano* **5.25 Debussy** *Rhapsodie* **5.37 Rodrigo** *Concierto serenata* **5.58 Fontana** *Sonata undecima* **6.07 CPE Bach** *Harpsichord Concerto in E flat, Wq47* **6.25 Duruflé** *Quatre motets sur des thèmes grégoriens, Op 10* **6.34 Jora** *Sonatine, Op 44* **6.45 Mendelssohn** *Overture: The Hebrides (Fingal's Cave)* **6.56 Maxwell Davies** *One Star, at Last*

BBC 6 Music

bbc.co.uk/6music
Freeview 707 **Freesat** 707 **Sky** 0120 **Virgin** 909

7.00am Shaun Keaveny Indie music and laughs.
10.00 Lauren Laverne Chat, music and guests.
1.00pm Mark Radcliffe With Annabella Lwin, who hit big in 1980 with Bow Wow Wow. See 10pm Radio 2
4.00 Steve Lamacq
A guest DJ discusses tonight's clubbing options.
7.00 Iggy Pop With records from his collection.
9.00 Tom Ravenscroft New music.
12.00 Nemone's Electric Ladyland
2.00am Classic Concert Billy Bragg in 1995. **3.00 Live Hour** Witness in 1999. **4.00 The Atlantic Records Story** *1/13* Johnnie Walker celebrates the US record label started in 1947. From 1993 **5.00 Elizabeth Alker**

Planet Rock

planetrock.com
Freesat 730 **Sky** 0110 **Virgin** 924

6.00am Breakfast with Paul Anthony Rock music **10.00 Wyatt Wendels 2.00pm Darren Redick** **6.00 RockBlock** Music chosen by a Planet Rock listener **7.00 Friday Night Rocks** With Andy Shire **10.00 Nights with Alice Cooper 1.00am Through the Night**

Classic FM

99.9–101.9 FM classicfm.com
Freeview 731 **Freesat** 721 **Sky** 0106 **Virgin** 922

6.00am More Music Breakfast
9.00 John Suchet Classical hits.
1.00pm Anne-Marie Minhall Requests.
5.00 John Brunning Classic FM favourites.
7.00 Smooth Classics With John Brunning.
8.00 The Full Works
Catherine Bott with a wedding-themed playlist.
Wagner *Bridal Chorus, arr solo organ (Lohengrin)*
Stephen Cleobury **Saint-Saëns** *Wedding Cake, Op 76*
Heini Karkkainen (piano), Tapiola Sinfonietta/Jean-Jacques Kantorow **Bach** *Concerto in C minor for Violin and Oboe, BWV1060* Lisa Batiashvili (violin), François Leleux (oboe), Bavarian Radio CO **Smetana** *The Bartered Bride: Overtures and Dances* LSO/ Geoffrey Simon **Traditional** *Busk Ye, Busk Ye, My Bonny Bride* Jian Wang (cello), Goran Sollscher (guitar) **Goldmark** *Rustic Wedding Symphony Op 26* RPO/Yondani Butt **Liszt** *Variations on Mendelssohn's Wedding March* Arcadi Volodos (piano)
10.00 Smooth Classics With Margherita Taylor.
1.00am Katie Breathwick Classic FM favourites.
4.00 Jane Jones Music through the night.

BBC Radio 4

92.4–94.6 FM 198 LW bbc.co.uk/radio4
For national variations see p135
Freeview 704 **Freesat** 704 (FM) 710 (LW)
Sky 0104 (FM) 0143 (LW) **Virgin** 904 (FM) 911 (LW)

News, weather and **shipping forecasts** as yesterday

5.30am News Briefing
5.43 Prayer for the Day
With the Rev Dr Bert Tosh.
5.45 Farming Today
With Felicity Evans. Producer Emily Hughes
5.58 Tweet of the Day
Red Grouse. Brett Westwood presents the sound of the red grouse. (R)
6.00 Today
With Nick Robinson and Mishal Husain.
6.25, 7.25, 8.25 Sports News
7.48 Thought for the Day
With Francis Campbell.
9.00 Desert Island Discs
Kirsty Young's castaway is cartoonist Michael Heath. Repeated from Sunday 11.15am
9.45 *FM* **Book of the Week: Flâneuse: Women Who Walk the Cities**
5/5. Writer Lauren Elkin is in Florence, sharing her thoughts about a series of photographs taken by the photojournalist Ruth Orkin of a young American woman Ninalee Craig, also known as Jinx Allen, whom Orkin had befriended in the city. Elkin also takes a walk around New York.
For details see Monday Repeated 12.30am
9.45 *LW* **Daily Service**
An act of worship.
10.00 Woman's Hour *FM only from 10.30*
Lively discussion presented by Jenni Murray.
10.45 *FM* **Graham Greene: Monsignor Quixote** ***5/10.*** The *15-Minute Drama*.
For details see drama repeat 7.45pm
Editor of *Woman's Hour* Alice Feinstein

10.30am–6.45pm* *LW*
Test Match Special
England v Pakistan
Day two of the Fourth Test from the Oval.
For details see yesterday **approximate times*
Commentary also on 5 Live Sports Extra 10.25am

11.00 *FM* **Dance Your Life Away**
Beaty Rubens tells the story of Cecilia Macfarlane, who 30 years ago launched the community dance company Oxford Youth Dance, in the belief that everybody has it in them to dance. Producer Beaty Rubens
11.30 *FM* **Start/Stop**
3/6. **Tinder.** Jack Docherty's sitcom about three couples' experiences of love, marriage and despair. Barney and Cathy come up with a plan to find out which of them is the more attractive. Meanwhile, a jealous David wants to replace the model sitting at Alice's life drawing class.
Barney **Jack Docherty** Cathy **Kerry Godliman**
Fiona **Fiona Allen** David **Charlie Higson**
Evan **John Thomson** Alice **Laura Aikman**
Producer Steven Canny

12.04pm *FM* **Home Front**
5/40. **12 August 1916 – Alice Mackmade**
Sarah Daniels's drama. On this day in 1916, "magical results" are reported at the provision of masks to conceal facial injuries, and Alice Macknade's life seems blessed.
Alice Macknade **Claire-Louise Cordwell** Martha **Elizabeth Ann Bennett**
Esme Macknade **Katie Angelou** Postman/Man 1 **Nick Underwood**
Maggie Macknade **Hollie Thoupos** Danny/Man 2 **Tom Forrister**
For details see Monday
12.15 *FM* **You and Yours**
Consumer and public interest reports.
1.00 *FM* **The World at One** With Shaun Ley.
1.45 *FM* **The Ideas That Make Us**
5/5. **Hubris.** Bettany Hughes puts the concept of hubris under the microscope.
For details see Monday
2.00 *FM* **The Archers**
Repeated from yesterday 7pm
2.15 *FM* **Drama: The Tunnel**
Futuristic drama by David Lemon, set in Britain 40 years into the future following the collapse of the information age. George and his granddaughter are fleeing a chaotic and economicallly desperate land to reach a rumoured safe haven across the water.
George **Jonathan Coy** Kenneth/The Captain **Sargon Yelda**
Chloe **Georgia Groome** Pamela **Adie Allen**
Simon **Neil Grainger** Joel **James Lailey**
Mitch **Nicola Ferguson** French solider **Scarlett Brookes**
Producer/Director Gemma Jenkins
3.00 *FM* **Gardeners' Question Time**
From the West Dean Chilli Festival, with Eric Robson in the chair, and panellists Bob Flowerdew, Bunny Guinness, and Matthew Wilson. Producer Laurence Bassett Rptd Sunday 2pm
3.45 *FM* **Life at Absolute Zero**
2/3. **Free Parking.** Lynn Truss's tale is set in a fictional south coast town. Producer Kate McAll
4.00 *FM* **Last Word**
Matthew Bannister celebrates the lives of people who have recently died.
Producer Neil George Repeated Sunday 8.30pm
4.30 *FM* **More or Less**
3/6. Tim Harford with the programme that deconstructs the statistics that pepper all aspects of contemporary life.
Series producer Richard Vadon Repeated Sunday 8pm
4.55 *FM* **The Listening Project**
Fi Glover introduces a conversation between sisters who talk about how differently people approach marriage today.
Producer Marya Burgess (R)
5.00 *FM* **PM** Presented by Eddie Mair.
6.00 *FM* **Six o'Clock News**
6.30 The Museum of Curiosity *FM only until 6.45*
3/6. Regulars John Lloyd and Noel Fielding invite Ross Noble, Dr Mike Shanahan and Susie Dent to donate fascinating exhibits to a vast imaginary museum. Producers Richard Turner and James Harkin Repeated tomorrow 12.30pm

7.00 The Archers
Shula shows off a birthday present, and Rob makes a last-minute decision.
Jill Archer **Patricia Greene** Alistair Lloyd **Michael Lumsden**
Pip Archer **Daisy Badger** Dr Richard Locke **William Gaminara**
Tom Archer **William Troughton**
PC Harrison Burns **James Cartwright** Adam Macy **Andrew Wincott**
Fallon Rogers **Joanna van Kampen**
Rex Fairbrother **Nick Barber**
Toby Fairbrother **Rhys Bevan** Lynda Snell **Carole Boyd**
Joe Grundy **Edward Kelsey** Caroline Sterling **Sara Coward**
Eddie Grundy **Trevor Harrison** Rob Titchener **Timothy Watson**
Emma Grundy **Emerald O'Hanrahan** Helen Titchener **Louiza Patikas**
Carol Tregorran **Eleanor Bron**
Ed Grundy **Barry Farrimond** Anna Tregorran **Isobel Middleton**
David Archer **Timothy Bentinck** Lilian Bellamy **Sunny Ormonde**
Shula Hebden Lloyd **Judy Bennett** Dorothy **Keziah Joseph**
Dan Hebden Lloyd **Will Howard**
Writer Tim Stimpson; Director Gwenda Hughes
Editor Sean O'Connor
RT BOOKS *Archers: the Ambridge Chronicles* by Joanna Toye is £8.99 (RRP £9.99) incl p&p. Call 01603 648176 (national rate) or visit radiotimes.com/bookshop
7.15 Front Row
Arts news and reviews, with Samira Ahmed looking at the cultural influence of punk, 40 years on. Producer Angie Nehring
7.45 Graham Greene: Monsignor Quixote
5/10. Sancho takes Father Quixote to a hotel with a difference. For cast and details see Monday Repeated from 10.45am
8.00 Any Questions?
From the BBC Radio Theatre in London, with Jonathan Dimbleby in the chair and columnist John Harris among the panellists.
Producer Lisa Jenkinson Repeated tomorrow 1.10pm
8.50 A Point of View
Reflections on a topical issue.
9.00 Home Front Omnibus
1–5/40. By Sarah Daniels. Details see Monday
10.00 The World Tonight News round-up.
10.45 Book at Bedtime: Reading Europe – Italy: The Parrots
10/10. **A Victory without Victors.**
Conclusion of Filippo Bologna's satire on Italy's literary scene. Read by Sam Rix, Anthony Head and Oliver Ford Davies. Abridged by Richard Hamilton. Details see Monday
11.00 Great Lives Rptd from Tuesday 4.30pm
11.30 Natalie Haynes Stands Up for the Classics
4/4. **Agrippina.** A celebration of the Roman Empress – wife of Emperor Claudius and mother of Emperor Nero. Details see Tuesday (R)
11.55 The Listening Project
A widow and the youngest of her eight children talk about her achievement in raising a large family alone. (R)
12.00 News
12.30–12.45am Book of the Week: Flâneuse: Women Who Walk the Cities
5/5. By Lauren Elkin. Repeated from 9.45am
1.00 as BBC World Service

BBC Radio 4 Extra

bbc.co.uk/radio4extra
Freeview 708 **Freesat** 708 **Sky** 0131 **Virgin** 910

6.00am PC Lee Stories as 1pm
6.15 Craven as 8.15pm
6.30 CHOICE: Sore Fingers as 8.30pm
7.00 Winston in Europe 1992 comedy (6/6)
7.30 Sketchorama 2014 comedy (1/4)
8.00 Something to Shout About 1960 comedy
8.30 The Goon Show 1957 comedy
9.00 The Third Degree Academic quiz
9.30 Kathmandu or Bust 1996 comedy (2/6)
10.00 The Heat of the Day as 3pm
11.00 Jigs and Reels as 9pm
11.15 Time Added On for Injuries as 9.15pm
12.00 Something to Shout About 1960 comedy
12.30pm The Goon Show 1957 comedy
1.00 PC Lee Stories Edgar Wallace's *The Snatchers*
1.15 Craven as 8.15pm
1.30 CHOICE: Sore Fingers as 8.30pm
2.00 Disobedience By Naomi Alderman (10/10)
2.15 Sport and the British Clare Balding looks at the role of gambling in sport (15/30)
2.30 The Professor Charlotte Brontë tale (10/10)
2.45 The Queen's Agent: Francis Walsingham at the Court of Elizabeth I Libby Spurrier's adaptation of John Cooper's 2011 work (5/5)
3.00 The Heat of the Day Henry Goodman and Anna Chancellor star in Elizabeth Bowen's drama, adapted from a screenplay by Harold Pinter. A woman's world crumbles when her lover is accused of selling secrets of national importance. Starring (2/2)
4.00 The Third Degree Academic quiz
4.30 Kathmandu or Bust 1996 comedy (2/6)
5.00 Winston in Europe 1992 comedy (6/6)
5.30 Sketchorama 2014 comedy (1/4)
6.00 The Destruction Factor Sci-fi thriller (5/6)
6.30 Soul Music The hymn *Praise, My Soul, the King of Heaven*, by Henry Francis Lyte (1/5)
7.00 Something to Shout About 1960 comedy
7.30 The Goon Show 1957 comedy
8.00 PC Lee Stories Edgar Wallace's *The Snatchers*
8.15 Craven Amelia Bullmore's crime drama, involving dangerous dogs and the sale of drugs (5/5)
8.30 CHOICE: Sore Fingers An insight into a Cotswolds bluegrass tradition since 1996. From 2011
9.00 Jigs and Reels Joanne Harris's *Fule's Gold*
9.15 Time Added On for Injuries Alan Plater drama with James Bolam and Alan David as train passengers
10.00–12.00 Comedy Club: Sketchorama (1/4), at **10.30 Absolute Power** (3/4), at **11.00 BBC Radio New Comedy Award**, and at **11.45 Spats**
12.00 as 6pm **12.30am** as 6.30pm **1.00** as 8pm **1.15** as 8.15pm **1.30 CHOICE** as 8.30pm **2.00** as 2pm **2.15** as 2.15pm **2.30** as 2.30pm **2.45** as 2.45pm **3.00** as 3pm **4.00** as 4pm **4.30** as 4.30pm **5.00** as 5pm **5.30** as 5.30pm

BBC World Service

bbc.co.uk/worldserviceradio
Freeview* 710 **Freesat** 711 **Sky** 0115 **Virgin** 906
Programmes may differ online, and on Freesat, Sky, and Virgin
5.00am Newsday: the latest headlines **5.30** World Football **6.00** Newsday: the latest headlines **8.30** Business Daily: finance news, interviews and reports **8.50** Witness: reports on key events in history **9.00** Newshour Extra **10.00** World Update **11.00** Outside Source **12.00** News **12.05pm** The Fifth Floor: global news **1.00** The Newsroom **1.30** World Football: reports from around the globe **2.00** Newshour: the stories behind the headlines **3.00** News **3.05** Talking Books: with Sue Cahill **3.30** Science in Action: technology news **4.00** News **4.05** Tech Tent **4.30** Sport Today: global round-up **5.00** World Have Your Say **6.00** The Newsroom **6.30** World Business Report **7.00** The Newsroom **7.30** Sport Today: news and results from around the world **8.00** News **8.05** The Fifth Floor **9.00** Newshour: the stories behind the latest headlines **10.00** News **10.05** Talking Books: with Sue Cahill **10.30** The Why Factor **10.50** More or Less **11.00** The Newsroom **11.20** Sports News **11.30** World Business Report: financial news **12.00** Newshour Extra **1.00am** News **1.05** Business Matters **2.00** News **2.05** The Fifth Floor: global news **3.00** News **3.05** From Our Own Correspondent: global reports **3.30** Stumped **4.00** Newshour Extra

BBC Radio 5 Live

693, 909 MW bbc.co.uk/fivelive
F'view 705 **F'sat** 705 **Sky** 0105 **Virgin** 905
Sports Extra F'view 706 **F'sat** 706
Sky 0144 **Virgin** 908

News and **sport** as Monday
5.00am Morning Reports
5.15 Wake Up to Money
6.00 5 Live Olympic Breakfast
From Rio, Caroline Barker presents reaction to yesterday's Olympic action, plus overnight developments. Nicky Campbell has the morning's main news stories, sport and weather. Plus **Your Call** after **9.00**.
10.00 5 Live Daily
Presented by Sam Walker.

5 Live Sports Extra *Digital only*
10.25am–6.45pm Test Match Special Day two of the Fourth Test between England and Pakistan.

12.00 5 Live Olympics
Mark Chapman introduces coverage of rowing finals and the start of the athletics as Jessica Ennis-Hill and Katarina Johnson-Thompson begin in the heptathlon. Plus women's boxing.
4.00pm 5 Live News
A round-up of the day's top news and sport, with Tony Livesey.
4.30 5 Live Olympics
Eleanor Oldroyd presents coverage from the second day of track cycling, which includes GB medal hopes in the team pursuit. Plus dressage, hockey and boxing. At **11.00** Jonathan Edwards introduces coverage of the women's heptathlon and men's long jump. Plus the penultimate night of swimming finals.
4.00am Up All Night.
Radio 5 Live: Contact individual programmes via the website at bbc.co.uk/5live.
TEXT: 85058 (standard rate)

Talksport

1053, 1089 MW talksport.co.uk
F'view 723 **F'sat** 731 **Sky** 0108 **Virgin** 927
6.00am Alan Brazil
Including the latest headlines and topical sports stories.
10.00 Colin Murray
1.00pm Hawksbee and Jacobs
4.00 Danny Kelly and Darren Gough Football news.
7.00 Players Lounge
10.00 Andy Goldstein
1.00am Adam Catterall

Asian Network

bbc.co.uk/asiannetwork
F'view 709 **F'sat** 709 **Sky** 0119 **Virgin** 912
6.00am Harpz Kaur
10.00 Nihal Topical discussion.
1.00pm Asian Network Reports
1.30 Noreen Khan
Including the lowdown on the Olympic Games in Rio from 2004 bronze medallist Kelly Sotherton.
5.00 Asian Network Reports
5.30 Bobby Friction
9.00 Yasser British-Asian music.
12.00 as Radio 5 Live

Absolute Radio

absoluteradio.co.uk
F'view 727 **F'sat** 724 **Sky** 0107 **Virgin** 915
6.00am Christian O'Connell
10.00 Leona Graham
1.00pm Pete Donaldson
4.00 Sarah Champion
6.00 Geoff Lloyd
8.00 Absolute 80s
Martyn Lee with classics from the decade of Adam and the Ants, New Order, the Smiths, Madonna, Iron Maiden, Echo and the Bunnymen, Frankie Goes to Hollywood, the Clash, Kim Wilde and many others.
11.00 Alex Baker
4.00am George Godfrey

*Not available on Freeview in Scotland 4pm–1am. **Key** (R) Repeat

Listen again online for the next seven days at **bbc.co.uk/iplayer/radio**

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BBC Local Radio — South East, Midlands, Anglia

Face behind the voice

Adrian Goldberg BBC Radio WM

Age "A showbiz secret!" **Current job** Presenter of BBC WM's weekday breakfast show *(Mon–Fri 7.00am)* and Radio 5 Live's *5 Live Investigates*. He is also a regular presenter of Radio 4's *From Our Home Correspondent* and *Pick of the Week*. **CV** Born in Birmingham, he worked as a newspaper journalist until joining BBC WM in 1991. He was the main reporter for BBC1's *Watchdog* 1998–2002. He moved back to WM in 2003–06, then Talksport and WM again between 2010–14, returning last year to take on the breakfast show. **Best moment** "Having the opportunity to re-ignite the debate about the 1974 Birmingham pub bombings 40 years on, both on WM and 5 Live. My efforts contributed to the decision to re-open the inquests on the 21 people who died." **Worst moment** "Covering a football match between Leicester and Oxford for WM in 1991. My producer misheard me and announced that Oxford had scored, which would have meant that West Bromwich Albion avoided relegation. But Oxford hadn't – and WBA didn't." **Off air** "I live in Birmingham with my partner Sabra and our three daughters. I like going out to live music, to pubs (for the atmosphere as much as the alcohol) and for a hot curry." **First radio memory** "Malcolm Jay's late-night programme *Heavy Pressure* on the old Radio Birmingham. I once phoned up and interviewed the Clash." **Favourite broadcasters** "John Peel – so much more than a DJ. WM's Ed Doolan, who first gave me the belief that local radio could make a difference. And Jack Dee, who has happily replaced the incomparable Humphrey Lyttelton on *I'm Sorry I Haven't a Clue*." **Dream job** "Hosting my own US television chat show." **Secret skills** "Swimming 200 metres in around four minutes and eight seconds. And I make the best pancakes in Birmingham – a Saturday morning ritual in our house." **DAVID GILLARD**

Listen countrywide at bbc.co.uk/wm

Berkshire

Saturday
6.00am Howard Hughes **8.00** Andrew Peach **11.00** Bill Buckley **1.00pm** Sport: football: Reading v Preston North End, commentary on the Championship clash from Madejski Stadium (kick-off **3.00**) **6.00** Dave Cash **8.00** BBC Introducing: with Bridgitte Tetteh **9.00** David Allen: music and chat **1.00am** Paul Miller Soul Show **3.00** *as Radio 5 Live*

Sunday
6.00am Paul Coia **9.00** Debbie McGee **11.00** Bill Buckley **2.00pm** Henry Wymbs: with Irish Eye **5.00** Dave Cash Country **7.00** Roger Day **8.00** Bridgitte Tetteh **9.00** Paul Miller Soul Show **10.00** Bill Rennells: memorable tunes from the past six decades **1.00am** *as Radio 5 Live*

Weekdays
5.30am Steve Madden **7.00** Andrew Peach **10.00** Anne Diamond; **Fri:** Bridgitte Tetteh **1.00pm Mon/Tue:** Bill Buckley; **Wed:** Ady Williams; **Thu/Fri:** Chris Hollins **4.00 Mon/Tue:** Paul Coia; **Wed–Fri:** Phil Kennedy **6.00 Fri:** Weekend Kick-Off **7.00** Mark Forrest; **Tue:** Midweek Football: commentary on Reading v Plymouth Argyle (kick-off **8.00**); **Fri:** Georgey Spanswick **10.00** Paul Miller **1.00am** *as Radio 5 Live*

Phone-ins: 0345 900 1041
radio.berkshire@bbc.co.uk

Cambridgeshire

Saturday
6.00am Charlie Thompson **9.00** Gerald Main **12.00** Nick Carter **2.00pm** Sport: football: commentary and updates, including Rochdale v Peterborough United, and Cambridge United v Barnet (kick-offs **3.00**) **6.00** Rock 'n' Roll Heaven **8.00** BBC Introducing **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Catherine Carr **9.00** Nick Conrad **11.00** Chris South Gardening **12.00** Walk Right Back **3.00pm** Steve Cherelle's Big Country Show **4.00** The John Leech Soul Show: soul music across the Eastern counties **6.00** Naked Scientists **7.00** Sue Marchant **10.00** Keith Skues: musical memories **1.00am** *as Radio 5 Live*

Weekdays
4.00am Wally Webb **6.00** Dotty McLeod **9.00** Paul Stainton **12.00** Lunchtime Live **3.00pm Mon/Tue:** Richard Spendlove; **Wed:** Spendlove and South; **Thu:** Chris South Gardening; **Fri:** Walk Right Back **4.00** Chris Mann **6.00** The Sports Hour **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Cambridge tel: 01223 259696
Peterborough tel: 01733 315444
Phone-ins: 0345 925 2000
Email: cambs@bbc.co.uk

Coventry and Warwickshire

Saturday
6.00am Lorna Bailey **9.00** Brody Swain **12.00** Bob Brolly **2.00pm** Sport **6.00** Network Gold **8.00** BBC Introducing **10.00** Carlos **1.00am** *as Radio 5 Live*

Sunday
6.00am Justine Greene **9.00** Mollie Green **12.00** Marian McNamee **3.00pm** Bob Brolly **6.00** Midlands Masala **8.00** Chatback **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
6.00am Trish and Jo **9.00** Vic Minett **12.00** Brody Swain **3.00pm** Phil Upton; **Fri:** Stuart Linnell **6.00** Sport **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Colin Young's Trunk of Funk **1.00am** *as Radio 5 Live*

Tel: 02476 551000
Phone-ins: 0345 900 5 200
Email: coventry.warwickshire@bbc.co.uk

Derby

Saturday
6.00am Aleena Naylor **9.00** Andy Twigge **12.00** Ed Stagg **2.00pm** Sportscene **5.00** Sportscene Final **6.00** The Beat **8.00** BBC Introducing **10.00** A Touch of Soul **1.00am** *as Radio 5 Live*

Sunday
6.00am Aleena Naylor **9.00** Richard Spurr **1.00pm** Tony Lyman **4.00** Memorable Melodies **6.00** Satvinder Rana **8.00** Devon Daley **10.00** Graham Torrington **1.00am** *as 5 Live*

Weekdays
5.00am Martyn Williams; **Thu/Fri:** Tony Lyman **6.30** Ian Skye **10.00** Richard Spurr **1.00pm** Andy Potter **4.00** Dean Pepall **6.00 Mon:** Sportscene Talk-in **7.00 Mon/Thu:** Mark Forrest; **Tue/Wed:** Sportscene; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Dean Jackson **1.00am** *as Radio 5 Live*

CRICKET COVERAGE

Sunday
10.55am–6.00pm *MW* Leicestershire v Derbyshire

Tel: 01332 361111
Phone-ins: 01332 616161
bbc.co.uk/radioderby

Essex

Saturday
6.00am Peter Holmes **9.00** Planet Ray **11.00** Ken Crowther **12.00** Ronnie Barbour **2.00pm** Around the Wicket **6.00** Rock 'n' Roll Heaven: with Bernie Keith **8.00** BBC Introducing in Essex **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Peter Holmes **9.00** The Essex Quest **12.00** John Rose **2.00pm** Steve Cherelle's Big Country Show **4.00** The John Leech Soul Show **7.00** Sue Marchant **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
5.00am The Early Wobble **6.00** James Whale **9.00** Nine at Nine **12.00** Steve Scruton **4.00pm** Dave Monk **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Phone-ins: 0300 200 40 41
Email: essex@bbc.co.uk

Gloucestershire

Saturday
5.00am Great Gloucestershire Road Trip **6.00** Steve Kitchen **9.00** Faye Hatcher **12.00** James Thomas **2.30pm** Matchday **5.30** Johnny Coppin **6.05** Geoff Barker's Rock 'n' Roll Party **8.00** BBC Introducing **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Sunday
5.00am Pete Wilson **6.00** Richard Atkins **9.00** Kate Clark **12.00** Pete Wilson **1.00pm** The Vintage Chart Show **3.00** Graham Pass **5.00** Community Radio Show **6.00** Manny Masih **8.00** Kevin Philemon **10.00** Graham Pass **12.00** Sounds of Brass: with Philip Hunt **1.00am** *as Radio 5 Live*

Weekdays
5.30am Joe Lemer **6.00** Steve Kitchen **9.00** Anna King **12.00** Kate Clark **3.00pm** Jill Misson **5.00** David Smith **7.05 Mon/Wed/Thu:** Mark Forrest; **Tue:** Matchnight; **Fri:** Georgey Spanswick **10.00** Dan Chisholm **1.00am** *as Radio 5 Live*

Tel: 01452 308585
Phone-ins: 01452 307575
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Hereford/Worcester

Saturday
6.00am Andrew Easton **9.00** Dave Bradley **11.00** *MW* Cricket **11.00** Toni McDonald **2.00pm** Trevor Owens **6.00** Marie Crichton's Country Show **8.00** BBC Introducing in Hereford and Worcester **10.00** Carlos **1.00am** *as Radio 5 Live*

Sunday
6.00am John Hellings **7.00** Michael Collie **9.00** Malcolm Boyden **12.00** Jonathan Ray **3.00pm** Mike Wyer **6.00** Genevieve Tudor **8.00** John Hellings **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
5.00am Nina Das Gupta **6.05** Elliott and Toni **9.05** Elliott Webb **10.05** Malcolm Boyden **1.05pm** Tammy Gooding **4.05** Andrew Easton **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Matchnight Special; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Colin Young's Trunk of Funk **1.00am** *as Radio 5 Live*

Phone-ins: 08453 008 181
bbc.co.uk/herefordworcester

Kent

Saturday
6.00am Pat Marsh and Erika North **10.00** Steve N Allen **2.00pm** The Sports Hub **6.00** Dave Cash **8.00** BBC Kent Introducing **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** Sean Rowley **2.00** *as Radio 5 Live*

Sunday
5.30am Hymns on Sunday: with Dave Miller **6.00** The Sunday Programme **8.00** Sunday Gardening: with Andy Garland and Steve Bradley **11.00** Lembit Opik **2.00pm** Julia George **5.00** Dave Cash **7.00** Roger Day **9.00** Kent Folk **10.00** Bill Rennells **1.00am** *as Radio 5 Live*

Weekdays
6.00am John Warnett and Maggie Doyle **9.00** Julia George; **Fri:** Lembit Opik **12.00** Pat Marsh and Erika North **4.00pm** Dominic King **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Paul Miller; **Fri:** Daryl Denham **1.00am** *as Radio 5 Live*

Phone-ins: 0345 9811 111
bbc.co.uk/radiokent

Leicester

Saturday
6.00am Graham Wright **9.00** Monica Winfield **1.00pm** Leicester Caribbean Carnival **6.00** The Beat: with Dean Jackson **10.00** Herdle White **1.00am** *as Radio 5 Live*

Sunday
6.00am Graham Wright **9.00** Clueless **12.00** Down to Earth **1.00pm** Talking History **2.00** Sport **7.00** Kamlesh Purohit **8.00** Dulcie Dixon **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
5.00am Martyn Williams **6.00** Jim Davis and Jo Hayward **10.00** Jonathan Lampon **1.00pm** Lukwesa Burak **3.00** Ben Jackson; **Fri:** Ed Stagg **6.00 Mon:** Football Forum; **Tue:** Non-League Football Show; **Wed:** Rugby Show; **Thu:** Bootroom; **Fri:** Sport Weekend Preview **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Dean Jackson **1.00am** *as Radio 5 Live*

Tel: 0116 251 6688
Phone-ins: 0116 251 1049
radio.leicesternews@bbc.co.uk

Lincolnshire

Saturday
6.00am Rod Whiting **9.00** Chris Berrow **12.00** Solid Gold Saturday **2.00pm** Sport **6.00** The Beat: with Dean Jackson **8.00** BBC Introducing in Lincolnshire **10.00** A Touch of Soul **1.00am** *as Radio 5 Live*

Sunday
6.00am Rod Whiting **7.00** Lincolnshire Farming **7.30** Rod Whiting **9.00** Gardening Phone-in **10.00** Pirate Gold **1.00pm** Poachings **3.00** Howard Leader **6.00** Westenders **8.00** Henry Ayrton's Jukebox **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
6.00am Scott Dalton **9.00** Melvyn in the Morning **12.00** Chris Berrow **3.00pm** Rob Underwood **6.00 Mon:** Paul Hudson's Weather Show; **Tue:** Tuesday Extra; **Wed:** The Music: with Jono Brine; **Thu:** The Big Film Review; **Fri:** Sport **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Sports Special; **Fri:** Georgey Spanswick **10.00** Russell Walker; **Fri:** Dean Jackson **1.00am** *as Radio 5 Live*

Tel: 01522 511219
bbc.co.uk/lincolnshire

London

Saturday
6.00am Samantha Baines and Jason Rosam **10.00** Robert Elms **1.00pm** Sport **6.00** Gary Crowley **8.00** BBC London Introducing **9.00** Dan Roberts **10.00** Sunny and Shay **2.00am** David Prever

Sunday
6.00am Inspirit **9.00** Tim Arthur **12.00** Soul on Sunday **3.00pm** Maria McErlane **6.00** Sunny and Shay **8.00** Dotun Adebayo **10.00** Duncan Barkes **1.00am** Jason Rosam

Weekdays
5.00am Nikki Bedi **7.00** Vanessa Feltz **10.00** Robert Elms **1.00pm** JoAnne Good **4.00** Eddie Nestor **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Duncan Barkes; **Fri:** Sunny and Shay **1.00am Mon/Tue:** David Prever; **Wed/Thu:** Simon Lederman **2.00am Fri:** James Max

Phone-ins: 020 7224 2000
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Frequencies

Norfolk

Saturday
6.00am Breakfast Show: with David Whiteley **9.00** Keith Greentree **12.00** The Garden Party **2.00pm** Sport **5.00** Canary Call **6.00** Rock 'n' Roll Heaven **8.00** BBC Introducing in Norfolk **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Anthony Isaacs **9.00** Treasure Quest **12.00** Treasure Quest Extra Time **1.00pm** Gudgin's Guest **2.00** Steve Cherelle's Big Country Show **4.00** The John Leech Soul Show **6.00** Introducing 2 **8.00** Sue Marchant **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
4.00am Wally Webb **6.30** Nick Conrad **10.00** Chrissie Jackson **12.00** Stephen Bumfrey **4.00pm** Matthew Gudgin **6.00 Mon:** The Countryside Hour; **Thu:** The Scrimmage; **Fri:** Sport **6.30 Fri:** Talking Cricket **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Tel: 01603 619 331
radionorfolk@bbc.co.uk

Northampton

Saturday
6.00am Kevin Saddington **9.00** Treasure Quest **12.00** Pete Cooper **2.00pm** Sport **6.00** Rock 'n' Roll Heaven: with Bernie Keith **8.00** Lal Muttock **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Martin Heath **9.00** Helen Blaby **12.00** Paul Gadsby **2.00pm** Steve Cherelle's Big Country Show **4.00** The John Leech Soul Show **6.00** Jona Kotnis **8.00** Mark Dean **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
4.00am Wally Webb **6.00** Stuart Linnell **9.00** Bernie Keith **12.00** Helen Blaby **2.00pm** John Griff **4.00** Annabel Amos **6.00 Fri:** Sport **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Sport; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Tel: 01604 239100
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Nottingham

Saturday
6.00am Mark Dennison **9.00** Frances Finn **12.00** John Holmes **1.30pm** Matchday: football: commentary and updates, featuring Nottingham Forest v Burton Albion and Yeovil Town v Notts County **6.00** The Beat: with Dean Jackson **8.00** BBC Introducing **10.00** A Touch of Soul **1.00am** *as Radio 5 Live*

Sunday
6.00am Verity Cowley **9.00** John Holmes **12.00** Paul Robey **4.00pm** Richard Allen **6.00** Kaval Vaseer **8.00** Jodi Law **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
5.00am Martyn Williams **6.00** Andy Whittaker and Verity Cowley **9.00** Mark Dennison **12.00** Alan Clifford **4.00pm** Richard Allen **6.00 Mon:** Matchtalk **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue/Fri:** Matchnight **10.00** (**Tue: 10.30**) Graham Torrington; **Fri:** Dean Jackson **1.00am** *as Radio 5 Live*

Tel: 0115 955 0500
Phone-ins: 0115 934 3434
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Oxford

Saturday
6.00am Ali Jones **9.00** Danny Cox **12.00** Gillham Gold **2.00pm** Sport **6.00** Dave Cash **8.00** BBC Introducing **9.00** David Allen **1.00am** Soul Show **3.00** *as Radio 5 Live*

Sunday
6.00am Ali Jones **9.00** David Prever **11.00** Bill Buckley **2.00pm** Henry Wymbs **5.00** Dave Cash **7.00** Roger Day **9.00** Paul Miller Soul Show **10.00** Bill Rennells **1.00am** *as Radio 5 Live*

Weekdays
6.00am Charles Nove **7.00** David Prever **10.00** Kat Orman **1.00pm** Nick Piercey; **Fri:** Alex Lester **4.00** Daryl Denham **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Sport; **Fri:** Georgey Spanswick **10.00** Paul Miller **1.00am** *as Radio 5 Live*

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Shropshire

Saturday
6.00am Eric Smith **10.00** Paul Shuttleworth **2.00pm** Shropshire United **5.00** The Verdict **6.00** Marie Crichton's Country Show **8.00** BBC Introducing **10.00** Carlos **1.00am** *as Radio 5 Live*

Sunday
6.00am John Hellings **7.00** Vicki Archer **11.00** Paul Shuttleworth **3.00pm** Mike Wyer **6.00** Sunday Folk **8.00** Jazz: with John Hellings **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
6.00am Eric Smith and Clare Ashford **9.00** Jim Hawkins **12.00** Colin Young **3.00pm** Adam Green and Vicki Archer **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Extra Time; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Colin Young's Trunk of Funk **1.00am** *as Radio 5 Live*

Tel: 01743 248484
Phone-ins: 01743 248321
radio.shropshire@bbc.co.uk
bbc.co.uk/radioshropshire

BBC Surrey and BBC Sussex

Saturday
5.30am 60s Saturday **6.00** *Surrey:* James Cannon **6.00** *Sussex:* Mark Carter **9.00** Danny Pike **12.00** Graham Dene **2.00pm** Sport **6.00** Dave Cash **8.00** BBC Introducing **9.00** David Allen **1.00am** *as Radio 5 Live*

Sunday
5.30am Hymn Half Hour **6.00** Emily Jeffery **9.00** Dig It **12.00** Sylvie Blackmore **3.00pm** Mark Carter **5.00** Sunday Night Live **6.00** 70s Sunday **7.00** Roger Day **9.00** Unforgettable **12.00** *as Radio 5 Live*

Weekdays
6.00am *Surrey:* Mark Carter and Sara Thornton **6.00** *Sussex:* Dominic Busby **9.00** Danny Pike **12.00** Allison Ferns; **Fri:** Joe Talbot **4.00pm** Jamie Crick **5.00–6.00** *Surrey only:* Kathryn Langley **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Paul Miller **1.00am** *as Radio 5 Live*

Surrey phone-ins: 0370 411 1046
bbc.co.uk/surrey
Sussex phone-ins 03459 570057
bbc.co.uk/sussex

Stoke

Saturday
6.00am Stuart Ellis and Jodie Looker **10.00** Perry Spiller **2.00pm** Sport **5.00** Praise and Grumble **6.00** Soul on Trent **8.00** BBC Introducing **10.00** Carlos **1.00am** *as Radio 5 Live*

Sunday
6.00am Liz Ellis **8.30** In Praise of God **9.00** Stuart Ellis and Jodie Looker **12.00** Terry Walsh **2.30pm** In Praise of God (R) **3.00** Mike Wyer **6.00** Ajmal Hussain **8.00** Jazz: with John Hellings **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
5.00am Maxine Mallen **7.00** Morgan in the Morning **10.00** Liz and Perry **1.00pm** James Watt **4.00** Lee Thomas **6.00** Sport at Six **7.00 Mon/Wed/Thu:** Mark Forrest; **Tue:** Sport; **Fri:** Georgey Spanswick **10.00** Graham Torrington; **Fri:** Colin Young's Trunk of Funk **1.00am** *as Radio 5 Live*

Tel: 01782 208080
Phone-ins: 01782 208008
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Suffolk

Saturday
6.00am Luke Deal **9.00** James Hazell **12.00** Life's a Pitch **2.00pm** Sport **6.00** Rock 'n' Roll Heaven **8.00** BBC Introducing **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Jon Wright **9.00** Stephen Foster **12.00** Georgina Wroe **2.00pm** Big Country Show **4.00** John Leech Soul **7.00** Sue Marchant **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
4.00am Wally Webb **6.00** Etholle George **9.00** Mark Murphy **12.00** James Hazell **2.00pm** Lesley Dolphin **5.00** Stephen Foster **7.00** Mark Forrest; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Phone-ins: 01473 212121
bbc.co.uk/radiosuffolk

Three Counties

Beds, Herts and Bucks

Saturday
6.00am Justin Dealey **9.00** Treasure Quest **12.00** Mike Naylor **2.00pm** Countdown to Kick-Off **3.00** Sport **5.00** 5-0-5: with Luke Ashmead **6.00** Rock 'n' Roll Heaven **8.00** BBC Introducing **9.00** Richard Spendlove **11.00** Paul Barnes **1.00am** *as Radio 5 Live*

Sunday
6.00am Helen Legh **9.00** Justin Dealey **11.00** Weekend Kitchen **1.00pm** Louisa Peacock and Nana Akua **2.00** Big Country Show **4.00** The John Leech Soul Show **6.00** Yasmeen Khan **8.00** Edward Adoo **10.00** Keith Skues **1.00am** *as Radio 5 Live*

Weekdays
4.00am Wally Webb **6.00** Andy Collins **9.00** The JVS Show **12.00** Nick Coffer **3.00pm** Roberto Perrone: **6.00 Mon:** Sport **7.00 Mon/Thu:** Mark Forrest; **Tue/Wed:** Sport; **Fri:** Georgey Spanswick **10.00** Nick Risby; **Fri:** Graham Barnard **1.00am** *as Radio 5 Live*

Tel: 01582 636900
Phone-ins: 03459 455 555
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WM

Saturday
5.00am Nina Das Gupta **7.00** Mollie Green **10.00** Richie Anderson **12.00** Pete Waterman **2.00pm** Sport **6.00** Network Gold **8.00** BBC Introducing **10.00** Carlos **1.00am** *as Radio 5 Live*

Sunday
6.00am Sior Coleman **7.00** Llewela Bailey **9.00** Hunted **12.00** Ed Doolan **1.00pm** Soul and Motown **3.00** Bob Brolly **4.00** Sport **6.30** Midlands Masala **8.00** Joe Aldred and Nikki Tapper **10.00** Graham Torrington **1.00am** *as Radio 5 Live*

Weekdays
5.00am Richie Anderson **7.00** Adrian Goldberg **9.00** Danny Kelly **12.00** Mollie Green **2.00pm** Sunny and Shay; **Fri:** Richie Anderson **4.00** Paul Franks; **Wed:** Richard Wilford **5.30** The Football Phone-in **7.00 Mon/Thu:** Mark Forrest; **Tue/Wed:** Sport; **Fri:** Georgey Spanswick **10.00** (**Tue: 10.30**) Graham Torrington; **Fri:** Colin Young's Trunk of Funk **1.00am** *as Radio 5 Live;* **Fri:** The Reggae Show **3.00 Fri:** Network Gold

Tel: 0121 567 6000
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National

BBC Radio 1 FM 97.6–99.8
BBC Radio 2 FM 88–90.2
BBC Radio 3 FM 90.2–92.4
BBC Radio 4 FM 92.4–94.6, LW 198
BBC Radio Five Live MW 693, 909
Classic FM 99.9–101.9
Talksport MW 1053, 1071, 1089, 1107
Absolute MW 1197, 1215, 1233, 1242
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Cambridgeshire 95.7 (Peterborough), 96, MW 1026
Coventry & Warwickshire 94.8 (Coventry), 103.7 (Stratford/S. Warwickshire), 104 (Nuneaton)
Derby 104.5 (Drum Hill), 96 (Buxton), 95.3 (Stanton Moor), MW 1116
Essex 103.5 (north Essex), 95.3 (south Essex), 107.7 (Chelmsford), MW 765 (Colchester/Chelmsford), 1530 (Southend), 729 (Manningtree)
Gloucestershire 104.7 (Churchdown Hill), 95 (Stroud), 95.8 (Cirencester), MW 1413
Hereford and Worcester 94.7 (Hereford), 104 (Worcester & Gt Malvern), 104.6 (Kidderminster), MW 738 (Worcester), 1584 (Tenbury Wells)
Kent 96.7 (west), 97.6 (Folkestone), 104.2 (east), MW 774
Leicester 104.9
Lincolnshire 94.9 (Lincoln), 104.7 (Grantham)
London 94.9
Norfolk 95.1 (east), 95.6 (Wells), 104.4 (west), MW 855 (east), 873 (King's Lynn)
Northampton 104.2 (Northants), 103.6 (Corby/Kettering)
Nottingham 103.8 (Notts), 95.1 (Newark), 95.5 (Mansfield)
Oxford 95.2
Shropshire 90 (Church Stretton), 96 (Shropshire), 95 (Ludlow), 104.1 (Clun)
Stoke 94.6 (Stoke), 104.1 (Stafford), MW 1503
Suffolk 103.9 (south), 104.6 (Bury St Edmunds & north west), 95.5 (Lowestoft), 95.9 (Aldeburgh)
Sussex and Surrey 95.0 (Newhaven), 95.1 (Horsham), 95.3 (Brighton/Worthing), 104.0 (East Surrey/North Sussex), 104.5 (East Sussex), 104.6 (West Surrey/NE Hants), 104.8 (West Sussex), MW 1161 (East Sussex), MW 1368 (East Surrey/North Sussex), MW 1485 (Brighton)
Three Counties 103.8 (Herts), 95.5 (Beds), 90.4 (East Herts), 92.1 (South Herts), 98.0 (High Wycombe), 104.5 (Bucks), 94.7 (Aylesbury) MW 630 (Herts & Bucks), 1161 (Beds)
WM 95.6 (West Midlands)

Independent stations:
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The Beach 103.4 (Great Yarmouth/Lowestoft), 97.4 (Southwold/Halesworth)
BOB 106 106.7 (Stevenage), 106.9 (Hertford/Ware/Welwyn & Hatfield)
The Breeze 101.6 (Four Marks/Medway/Alresford/Bordon/Grayshott/Beacon Hill & Hindhead), 101.8 (Petersfield), 102 (Alton), 97.1 (Haslemere & Midhurst), 107.6 (Basingstoke), 106.4 (N. Hants), 105.6 (Newbury/Thatcham), 107.4 (Hungerford), 107.5 (Gloucestershire/The Malverns)
Buzz Radio MW 963/972 (London)
Capital 95.8 (London), 96.2 (Nottingham), 96.5 (Mansfield), 102.2 (Birmingham), 102.8 (Derby), 105.4 (Leicester)
Capital XTRA 107.1 (north London), 96.9 (south London)
Cambridge 105 Cambridge
Cheshire's Silk 106.9 (Macclesfield/east Cheshire)
Connect 97.2 (Wellingborough), 106.8 (Peterborough) 107.4 (Kettering/Corby)
Dream 100.2 (Tendring/Colchester)
Eagle Radio 96.4 (Hants/Surrey)
Freeradio 96.4 (Birmingham), 97.2 (Wolverhampton), 103.1 (Shropshire), 97 (Coventry/Warwickshire), 102.9 (Leamington Spa), 97.6 (Hereford), 96.7 (Kidderminster), 102.8 (Worcester)
Freeradio 80s 1152 (Birmingham), 1359 (Coventry), 990 (Wolverhampton)
Gem 106 (east Midlands)
Gold MW 945 (Derby), 999 (Nottingham), 1548 (London)
HCR 104 FM (Huntingdon)
Heart 96.1 (Ashford/Colchester), 96.9 (Bedford/Newhaven), 96.4 (Bury St Edmunds), 97.4 (Banbury/Newmarket), 102 (Hastings), 102.9 (Berkshire), 103 (Cambridge), 102.4 (Eastbourne), 102.6 (Chelmsford/Oxford), 97 (Dover/Folkestone/Reading), 103.4 (Henley on Thames), 103.5 (Brighton), 97.1 (Ipswich), 106.2 (London), 103.3 (Milton Keynes), 96.6 (Northants), 102.4 (Norwich), 102.7 (Peterborough/ Reigate & Crawley), 97.5 (south Hampshire & Ryde), 96.3 (Basildon), 97.5 (Southend/Horsham), 103 (Stroud/east Devon), 102.8 (east Kent), 103.1 (west Kent), 95.9 (Thanet), 100.7 (west Mids), 96.7 (Winchester), 102.4 (Gloucester/Cheltenham/Norwich/Eastbourne), 102.3 (Dorset), 97.6 (Dunstable)
Jack FM 106.4/106.8 (Oxfordshire)
Jack FM 2 107.9 (Oxfordshire)
Jackie 107.8 (south west London/north Surrey)
Kismat Radio MW 1035 (London)
Kiss 100 (London), 107.7 (Peterborough), 105.6 (Cambridge), 106.1 (Norwich), 106.4 (Ipswich)
KL FM 96.7 (King's Lynn)
Kmfm 106 (Canterbury/Herne Bay/Whitstable), 107.6 (Ashford), 105.6 (Maidstone), 107.9 (Medway towns), 100.4 (Hoo St Werburgh), 101.6 (Sevenoaks), 96.2 (Tunbridge Wells), 96.4 (Folkestone), 106.8 (Dover), 107.2 (Thanet)
LBC London 97.3 (London)
LBC London News MW 1152 (London)
Lincs 102.2 (Lincoln), 96.7 (Grantham), 97.6 (Scunthorpe)
London Greek 103.3
London Turkish MW 1584
Magic 105.4 (London)
Mansfield 103.2
Mix 96.2 (Aylesbury)
More Radio Hastings 107.8 (Hastings/Bexhill)
North Norfolk Radio 96.2 (Norfolk), 103.2 (Cromer/Wells)
Norwich 99.9
Oak 107 (Loughborough), 107.9 (Hinckley)
Peak 107.4 (Chesterfield), 102 (Matlock)
Planet Rock 105.2 (west Midlands)
Premier Christian MW 1305 (London), 1332 (central), 1413 (east/west), 1566 (Guildford),
Reading 107
Rugby 107.1
Rutland 107.2 (Rutland), 97.4 (Stamford)
Sabras MW 1260 (Leicester)
Sam FM 106 (Southampton), 106.5 (Bristol), 107.7 (Swindon)
Signal 1 96.4 (Congleton), 96.9 (Stafford), 102.6 (Staffordshire/Cheshire)
Signal 2 MW 1170 (Staffordshire/Cheshire)
Signal 107 106.5 (Shrewsbury), 107.1 (Oswestry/north Shropshire), 107.4 (Telford), 107.7 (Wolverhampton)
Smooth FM 102.2 (London), 105.7 (West Midlands), 106.6/101.4 (East Midlands); MW 792 (Bedford), 828 (Bournemouth/Luton) 1152 (Norfolk), 1251 (Bury St Edmunds), 774 (Gloucester), 1521 (Crawley), 603 (east Kent), 1170 (Portsmouth/Ipswich), 1557 (south Hants), 1332 (Peterborough), 1017 (Shrewsbury/Telford), 1359 (Chelmsford/Warwickshire), 1431 (Southend/Reading), 1161 (Swindon), 1485 (Newbury), 1323 (Brighton), 1242 (west Kent), 100.4 (north west), 101.4 (Derby), 105.7 (west Midlands), 106.6 (east Midlands)
Spectrum MW 558 (London)
Spire 102 (Salisbury)
Star 107.9 (Cambridge), 107.1 (Ely)
Sunrise MW 1458 (London)
Sunshine 106.2 (Hereford), 107.8 (Leominster), 107 (Monmouth), MW 855 (S. Shropshire/N. Herefordshire/N. Worcestershire)
The Eye 103 (Melton Mowbray/Vale of Belvoir)
Time 106.6 Slough/Windsor/Maidenhead), 107.5 (Romford/Barking & Dagenham/Redbridge)
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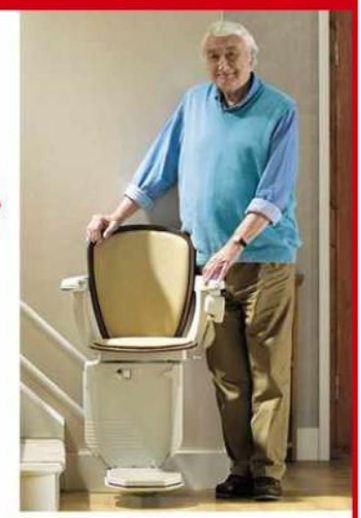

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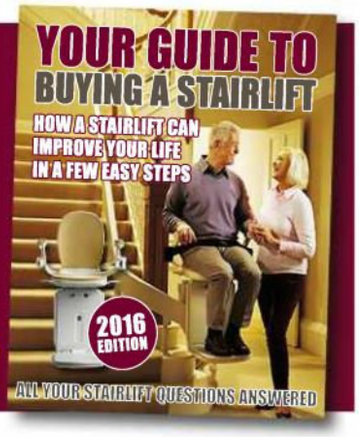

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- What design features are available in terms of Safety, Comfort, Accessibility, Compactness and ease of operation
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Due to a recent change in the copyright law, as of 28th July 2016 it became illegal for anyone to make any more new iconic inspired furniture designs for sale in the UK. We now only have a very limited stock left in our warehouse and are only allowed to sell that for a short period. This means availability will quickly diminish as this stock runs out and it cannot be replaced. So if you have always wanted to own a piece of iconic furniture but don't have thousands of pounds to spend, then buy now before stocks run out forever. Right now in Wallace Sacks Last Ever Iconic Furniture Sale you can SAVE up to 75% on their previous online price plus an **EXTRA £25 on the sale price when you quote code RT2AUG16 at the checkout.**

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Our version of the famous Eames Lounge Chair and Ottoman now costs no more than the original's launch price in America over 60 years ago! Just £499†, a saving of £1496 on our normal online selling price, you can pay as much as £5242 in Heals for a version by Vitra.**

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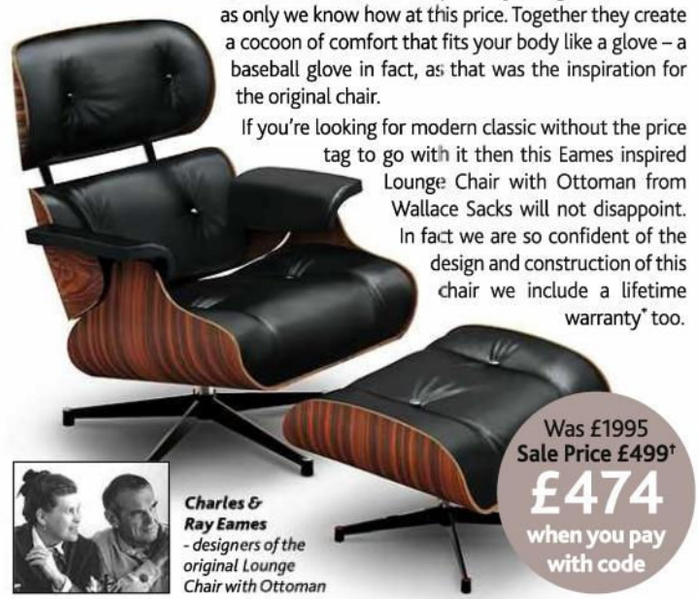

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Red alert

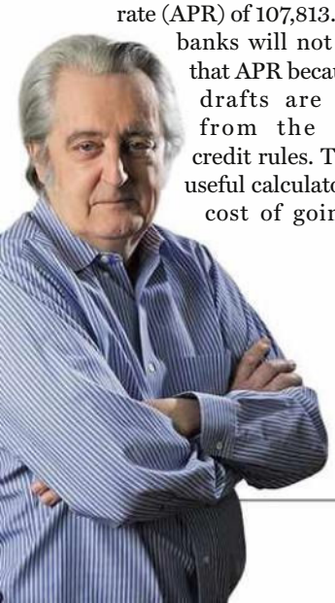
Don't get stung by your bank for going overdrawn, says **Paul Lewis**

Unauthorised overdrafts from the major high-street banks are more expensive than payday loans. When I first wrote that five years ago, I never thought that, by 2016, it would still be true and that overdraft charges would on the whole be even more expensive. But new research by the consumer organisation Which? indicates they are.

In January 2015, the Financial Conduct Authority introduced a cap on the cost of what it called "high-cost short-term credit". That was aimed at payday loans and fixed a cap of 0.8% a day on interest and fees. So to borrow £100 over 28 days should never cost more than £22.40.

But the Which? research found that the cost of an unauthorised overdraft with any of the six major high-street banks was higher. It ranges from £29.75 with Barclays to £90 for customers of RBS, which charges a fee of £6 a day for an unarranged overdraft with a cap of 15 days charged in a month.

The average unauthorised overdraft fee across the big six banks is £71.12 to borrow £100 over 28 days – an annual percentage rate (APR) of 107,813.3%! The banks will not tell you that APR because overdrafts are exempt from the normal credit rules. There is a useful calculator on the cost of going overdrawn without permission at most UK banks at **moneysavingexpert.com** – search "overdrafts".



Even an agreed overdraft can be very expensive. For example, Lloyds charges a fee of £6 a month for using an agreed overdraft. With interest that means that if you're overdrawn £100 for 28 days, you'll pay £7.05 in charges and interest. That is equivalent to an APR of 142.5%. If you pay back the loan within two weeks then the cost falls slightly to £6.53. But the APR rises to 417.9%. HSBC alone charges just interest on an arranged overdraft with no daily fee. It would cost just £1.40 for £100 over 28 days, an APR of 19.8%.

So avoid going overdrawn without permission. Many banks will text you if your account is in danger of going overdrawn. An arranged overdraft will always cost less than the punitive rates for unagreed overdrafts.

If you can afford to, keep a balance on your current account as a buffer. TSB pays 5% on your balance up to £2,000 and Tesco Bank pays 3% on balances up to £3,000. If you switch to them then your buffer will earn some interest, usually tax-free.

Paul Lewis returns in the Radio 4 series Money Box next month

QUESTIONS? Email me at **Paul.Lewis@radiotimes.com**
I can't answer you personally, but I will reflect your questions in the subjects I cover in this column.

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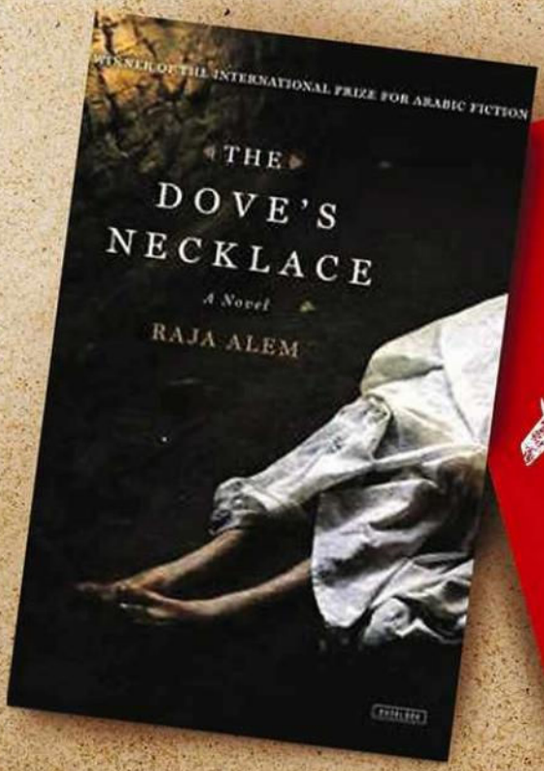
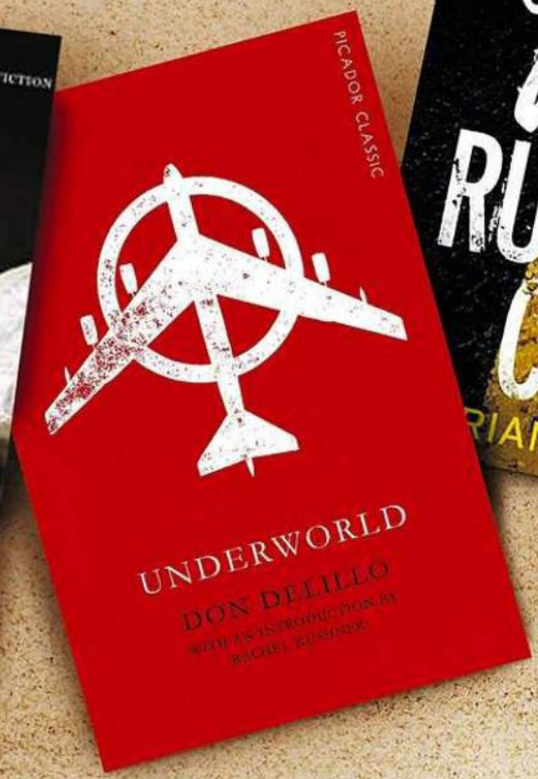
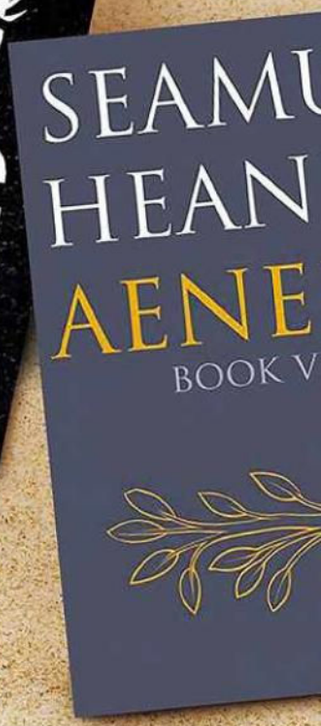






Summer reads

Inspiration from your favourite radio bookworms

MARIELLA FROSTRUP, *OPEN BOOK* PRESENTER, RADIO 4

I'm looking forward to meeting Saudi novelist Raja'a Alem in Edinburgh this summer: she's the first woman to win the International Prize for Arabic Fiction, and her novel **The Dove's Necklace** (£16, incl p&p) is a fascinating peek at the secret underbelly of Mecca.

If you haven't already, discover the beautiful prose of Colombian writer Juan Gabriel Vásquez. His latest, **Reputations** (£13.40, incl p&p), tells the story of a political cartoonist who has to face up to doubts over a cartoon he drew half a lifetime ago that destroyed a politician's career. It asks big questions about truth and memory, but his writing is also acutely sensitive to the inner workings of our minds.

And to better understand the men in my life, I'll be reading **Who Stole My Spear?** (£13.40 incl p&p) by Tim Samuels, which explores masculinity in the 21st century.

JAMES NAUGHTIE, *BOOKCLUB* PRESENTER, RADIO 4

One book I've been re-reading for my September *Bookclub* is Don DeLillo's brilliant **Underworld** (£12, incl p&p), which is a novel to lose yourself in for an American election year. The opening chapter, set in the early 1950s at a famous baseball game between the Brooklyn Dodgers and the New York Giants, is a magnificent set piece, and paves the way for a rollicking journey into postwar America. They call it his masterpiece, and it probably is.

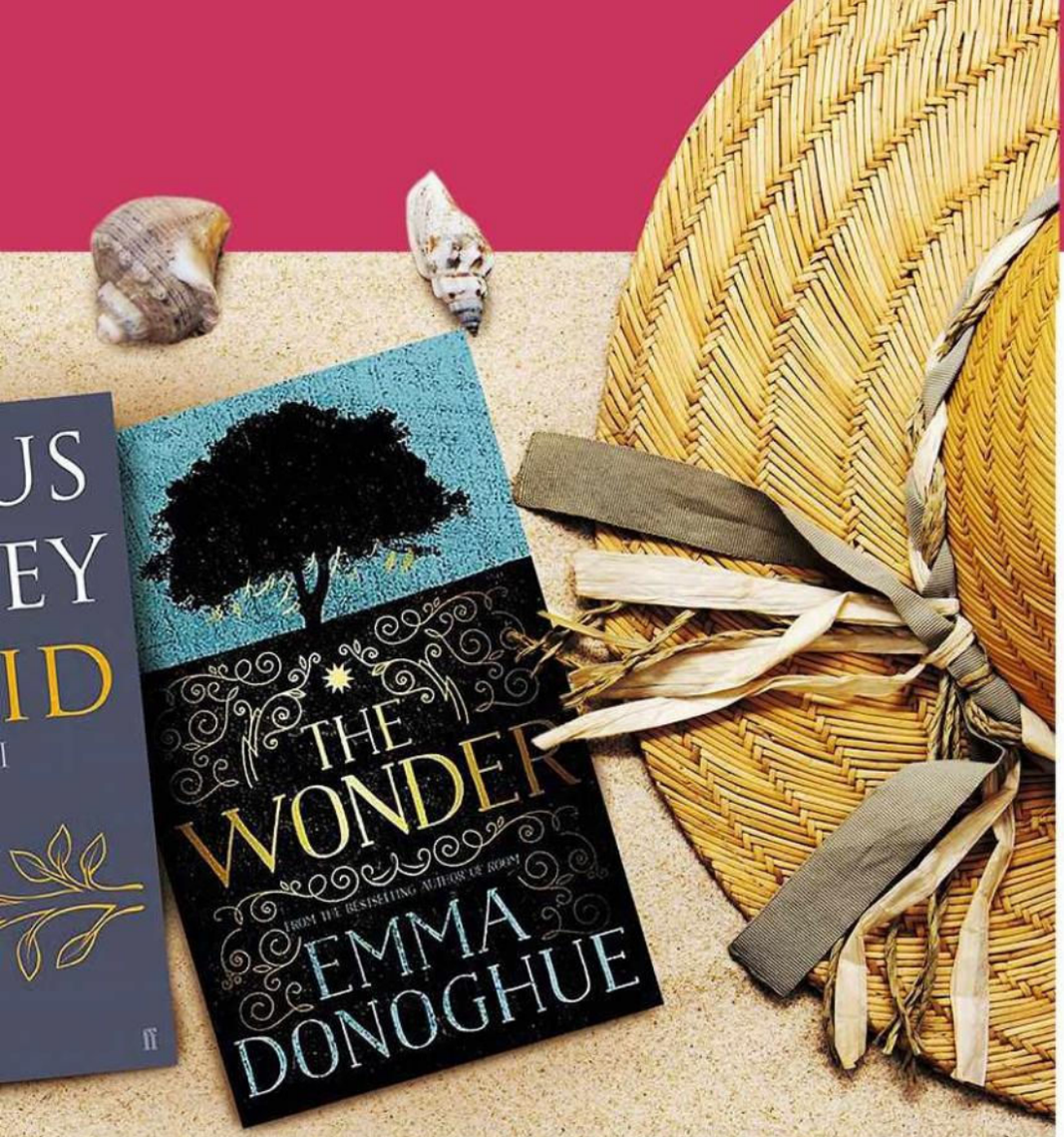
Among new books, Francis Spufford's **Golden Hill** (£14.50, incl p&p) is a nice companion piece – going back to the New York of the 1740s, when no one was thinking of revolution. A great story, a good mystery, and wonderful writing in a first novel by one of our most original non-fiction writers.

SIMON MAYO, *BOOK CLUB* PRESENTER, RADIO 2

From the *Radio 2 Book Club* list I'd pick **The End of the World Running Club** (£7.99, incl p&p) by Adrian J Walker. Of the many fabulous titles we've had, this is the one that is still generating the most "thank yous" on social media. What could be more cheering, as you stretch out on your lounger, than a fine apocalyptic thriller that begins with the destruction of Edinburgh?

And I'll be looking out for **Homo Deus: a Brief History of Tomorrow** by Yuval Noah Harari. I loved Harari's *Sapiens: a Brief History of Humankind*. Thrilling, mind-altering and fantastical, it has been an international bestseller for two years. Now the sequel is almost here – it's out in September but it sounds as stimulating as *Sapiens*. It doesn't sound very encouraging (he's essentially fearful of the impact of artificial intelligence and the resulting rise of "a useless class") but it will be a thrilling read.

Gardening
Bring zesty colours to your borders – page 140



GWYNETH WILLIAMS, CONTROLLER, RADIO 4, AND COMMISSIONER OF *BOOK OF THE WEEK*

Clever translations have opened up new literary worlds everywhere. I have been seduced by Javier Marías and his instantly recognisable Spanish voice. He's the author of novels such as **Thus Bad Begins** (£14.50, incl p&p), so this summer I'll be looking for titles of his that I have missed. His novel *Tomorrow in the Battle Think on Me* was part of our Reading Europe series on Radio 4, where we track our way around the continent through books that people are talking about in each country.

From *Book of the Week*, I'll listen once more to Seamus Heaney's **Aeneid Book VI** (£12.99, incl p&p), read by Ian McKellen, one of my favourite commissions this year. And take this with you wherever you walk this summer, or download it from *Book of the Week*: **Flâneuse: Women Walk the City** (£13.40, incl p&p) by Lauren Elkin. Be grateful that, unlike novelist Georges Sand, most of us in most cities no longer have to dress as a man not to be stopped and regarded as strange.

JEREMY HOWE, COMMISSIONING EDITOR DRAMA AND FICTION, RADIO 4

In my job as the commissioning editor for Radio 4's *Book at Bedtime* I have an unfair advantage, in that I get to read things before they are on the bookshelves.

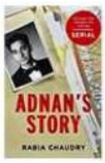
My best read of the year (which you will have to wait until September for) is probably Emma Donoghue's tour de force **The Wonder**. It's a brilliant novel about a girl who has stopped eating and yet remains alive. Set in Ireland in the 1850s, it follows the story of a nurse, trained under Florence Nightingale, who is sent over from England to find out the how and the why. It's enthralling, page-turning and as clever as her previous novel, *Room*, which was made into a film. And we have a fantastic A-list actress to read it for *Book at Bedtime* in the autumn.

And what am I looking forward to reading next? On my e-reader I have **Nutshell**, the soon-to-be published new novel by Ian McEwan, which is described as a classic story of murder and deceit. Now there's a treat.

To order any of the books with prices listed on these pages, call ***0344 245 8092**** *quoting RTBKS32 or visit* ***radiotimes.com/yourrtbooks32***

Serial – what happened next

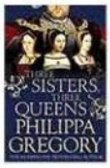
The teen murder story that was a podcast hit



ADNAN'S STORY RABIA CHAUDRY

It's been two years since the case of Hae Min Lee and Adnan Syed, the ex-boyfriend convicted of her murder 16 years ago, became the subject of worldwide speculation. Millions listened to the *Serial* podcast (given airings on Radio 4 Extra), which investigated the apparently shaky evidence against Syed, now 35.

But presenter Sarah Koenig couldn't find decisive proof of his guilt or his innocence, much to the disappointment of her listeners, and of Rabia Chaudry, a friend of Syed who first brought him to the attention of Koenig. Chaudry offers her take in *Adnan's Story* (£13.40, incl p&p), a comprehensive account of the case that will be a salve to *Serial* obsessives everywhere. It's timely, too: in July, news broke that Syed will be given a retrial.



THREE SISTERS, THREE QUEENS PHILIPPA GREGORY

"Family rivalry" takes on a whole new meaning in *Three Sisters, Three Queens* (£16.50, incl p&p), the latest novel from Philippa Gregory, whose sumptuous, female-led historical fiction inspired 2013 BBC1 drama *The White Queen*. The sisters of the title are Katherine of Aragon, the Spanish princess who comes to the English court to marry Prince Arthur, but who becomes the first wife of his brother, Henry VIII; Margaret Tudor, Henry's sister and, as the wife of James IV, Queen of Scotland; and Mary, Margaret's younger sister, who, through marriage to Louis XII, becomes Queen of France. They trade allegiances, husbands, and blows – but their bond remains constant.

AFTER THE FIRE, A STILL SMALL VOICE EVIE WYLD

Bookclub *Sunday 4pm Radio 4*

It was on the strength of Evie Wyld's debut novel alone that the British-Australian author was named amongst Granta's best young British novelists in 2013. *After the Fire, a Still Small Voice* (£8.50, incl p&p), published in 2009, follows a father and son caught up in war who, one after the other, seek refuge in an isolated shack in Queensland, Australia. Wyld's own life is rather less tumultuous than that of her protagonists: her home is Peckham, south London, where she runs an independent bookshop. **HANNAH SHADDOCK**

* CALLS COST NO MORE THAN THE NATIONAL RATE PER MINUTE; GETTY

Welcome to our new

Turn up the heat

Spice up your borders for an Indian summer, says **Joe Swift**

With high summer comes what fashion designers might call "the new season's colour palette". Golden yellows, sun-kissed oranges and fiery reds are some of nature's star performers at this time of year. I'm talking globally, of course, the majority of these being imported garden plants – but over recent years, we in the UK seem to have thrown off a few traditional shackles and embraced these hot, spicy colours. They can certainly help to invigorate a garden that feels as if it's fizzling out at this time of year and smooth the way into what many of us are desperately hoping will be an Indian summer.

Many fabulous perennials fit the bill: daisies such as heleniums and rudbeckias, sprays of red and orange crocosmia, the plate-like flowers of achilleas (see below) and non-stop flowering daylilies, which always look good together. For a more naturalistic look in the border, consider weaving them through the oaty hues of ornamental grasses.

If you don't have any of these warmer colours already in your garden, you can plant flowering perennials now – as long as you keep them well watered while they establish themselves. These plants will come back and do the business at the same time year on year.

If your borders are already full and you just want to jazz up your pots and containers, look to annuals. If watered, fed and deadheaded regularly, they'll flower right through to the first frosts. Be focused about what you're trying to achieve: avoid pastels and look to zingy zinnias, gazanias, bidens, sweet williams, argyranthemums, bedding dahlias and many others that come in zesty colours. They can still be found at garden centres and nurseries – just waiting to sizzle.

JOE'S PLANT OF THE WEEK

A pinch of paprika

The flat heads of achilleas make an ideal contrast with spikes of flowers in a well-drained sunny border. There's a huge range to choose from: yellows, whites, pinks, lilacs and bright reds. I love the spicier ones, such as the aptly named achillea "Paprika", which has fabulous orange-red blooms made up of masses of small flowers with tiny yellow centres. The foliage forms mounds of feathery grey-green leaves. Leave the dried flowerheads on for as long as possible as they look great in autumn and winter, and then cut back in early spring. The plant grows to 60cm with a spread of 60cm.

SIZZLE ON
Warm colours in your borders create the sense of a long hot summer

A FLASH OF SILVER

Silver or grey leaves are a sure sign that a plant can cope with plenty of sun and well-drained soil (chalky or sandy), and many are drought tolerant, too, which means you can go on holiday and not worry about watering. They are excellent for breaking up all-green planting schemes and as a foil for a huge range of other plants.

1 GREAT FOR GRAVEL

Convolvulus cneorum is related to the dreaded bindweed, but it's altogether much more desirable. This low-growing, spreading evergreen shrub has shiny silver leaves that look as if they've been freshly coated with a spray can. It looks great in a gravel garden, towards the front of a border or flopping over the edge of a raised bed. Throughout the summer, cup-shaped white flowers open from buds of pink-veined twists. If you don't have the well-drained soil in your garden that it requires, grow it in a large pot.
Height 60cm; spread 90cm.

2 PERFECT EDGING

This one has the softest of leaves that small children love to touch. It produces spikes of woolly purple flowers from June to September. *Stachys byzantina* "Big ears" (lamb's ears) makes excellent – and surprisingly tough – ground cover: I frequently use it to break the harsh edges between planting and paved areas. It's usefully evergreen and low maintenance, only requiring a quick tidy-up in spring by snipping off any shabby leaves. If the clump gets congested, lift and divide in spring and dot around the garden in sunny spots to fill gaps.
Height 45cm; spread 60cm.

3 GOOD WITH GRASSES

The story goes that *Eryngium giganteum* got its name of "Miss Wilmott's ghost" thanks to the 19th-century gardener Ellen Wilmott. She would scatter its seed in other people's gardens and, being a biennial, it would only germinate and flower a year or two later. This architectural plant is a form of sea holly, with spiky outer bracts and a distinctive central cone. Sea hollies come in a range of blues, but I like the way this one remains a steely grey. It looks great beside ornamental grasses, in Mediterranean-style gardens or on the coast, as it can tolerate salt spray.
Height 90cm; spread 30cm.

RT *Gardening*

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JONATHAN FORD; GETTY; ALAMY

Highland wonder

You can spot dolphins, seals and even whales – but you need to know where to look, says **Stephen Moss**

Highlands: Scotland's Wild Heart
Friday 9.00pm ***BBC2***

THE HIGHLANDS ARE about far more than geography: they're a state of mind. The name speaks of wildness and wilderness, mountains, deep glens and fast-flowing rivers and, above all, of some of Britain's most extraordinary and spectacular plants and animals.

Not that Highland wildlife is always easy to see. The place gives up its secrets unwillingly at times, and hard work and a fair amount of luck are needed to see some of the more elusive wild creatures. Midsummer and early autumn are the best times to spot the splendid marine mammals off the rocky coast: the bottlenose dolphin, the common seal and the killer whale.

DODGING DOLPHINS

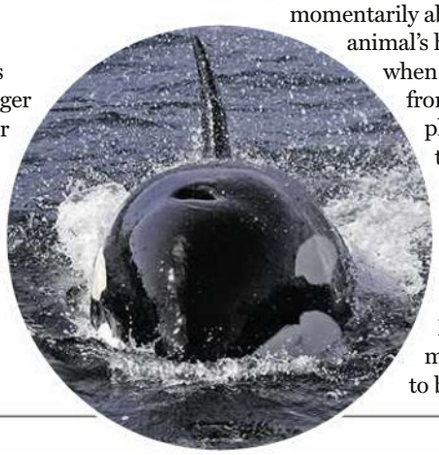
Every day at low tide, a crowd gathers at Chanonry Point, on the northern side of the Moray Firth. They come to see the resident pod of bottlenose dolphins doing what it does best: hunting salmon. As the tide goes out, so the salmon returning to the river start to gather offshore. To hunt them, the dolphins work as a team, concentrating their quarry into a tight shoal before chasing it down and grabbing it.

This is the most reliable place to watch these mighty cetaceans anywhere in Britain. Scotland's bottlenose dolphins are the biggest of their species in the world, some reaching a length of 4m and weighing as much as 650kg. They can be told apart from other marine mammals such as the harbour porpoise by their larger size, long, curved dorsal fin and sociable habits – they're usually seen in pods of up to 50 individuals, whereas the porpoises are more often solitary or in pairs or smaller groups.

If you're really lucky, you'll see the dolphins leaping right out of the water, then landing with a huge splash. Look closely and you may also see smaller animals – newborn calves – swimming close alongside their mothers. Baby dolphins are born in late spring, summer or early autumn, and are dependent on their mother's milk for up to 20 months afterwards.

KILLER WHALES

Further north, in the waters around Orkney, an even bigger creature is also searching for its prey. The killer whale (or orca) is the largest marine predator on the planet. A male can reach a length of almost 10m and tip the scales at five tonnes – roughly seven times the weight of the largest bottlenose dolphin.



Seeing a killer whale in British waters is never easy, but a visit to the seas around Orkney during the middle of summer gives you a good chance. This mighty animal is unmistakable: a huge, bulbous, black head emerges from the water, revealing a white patch behind the eye and another, larger white area beneath its mouth. Often the first sign that a pod of killer whales is cruising in the shallow waters is a long, sickle-shaped object protruding momentarily above the waves: the animal's huge dorsal fin. Rip tides, when water rushes rapidly away from the shore, are good places to look for them, as this also concentrates the fish into a single area.

SEAL CITY

Elsewhere on Orkney, on the tiny island of Eynhallow, another mammal comes ashore to breed. Up to 900 common (or harbour) seals visit every summer, squeezing onto an island less than a third of a square mile in area. Once they would have shared this place with a score of hardy humans, but the people who used to live here left the island more than 150 years ago. Today, seabirds are the most abundant creatures found here, with both species of skua (arctic and great), fulmar, puffin, arctic terns and a few black guillemots (known locally as "tysties") all nesting.

Each June, the common seals arrive here en masse, hauling themselves out on the sandy beaches beneath the 20m-high cliffs. Despite their name, they're the rarer of our two resident seal species, with 40,000–50,000 individuals in the British Isles, compared with about 200,000 Atlantic grey seals.

For the next two or three weeks the beaches of Eynhallow resound to the grunts and groans of female common seals giving birth. They do so in the area below the high-tide mark, and once the single pup is born, it's able to swim and dive almost immediately – unlike grey seal pups, which stay on land for several weeks

LAURIE CAMPBELL; GETTY
* CALLS COST NO MORE THAN THE NATIONAL RATE PER MINUTE

IN YOUR SIGHTS
Spot dolphins off Chanonry Point on the Moray Firth

before venturing into the sea. The mother is able to feed during the suckling period – again, unlike the female grey seal.

Seals have become deeply rooted in our folklore and popular culture. The best known story is that of the "selkie" (a mythical creature supposed to be half-seal, half-human), which is well known around the coasts of the Highlands and Islands. The story goes that once the selkie leaves the sea, it sheds its skin on the shore and becomes human. But when it tries to return, if the skin has been lost or stolen, the selkie must remain on land, trapped as a human being for ever.

This is an edited extract from Highlands: Scotland's Wild Heart, published by Bloomsbury

'Common seals are rarer than Atlantic grey seals'

RT *Bookshop* To order *Highlands* by Stephen Moss for £19 including p&p (usually £25), call **0344 245 8092*** quoting ref RTBKS32 or visit **radiotimes.com/moss32**

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YOUR RT Crossword

PRIZE CROSSWORD One reader receives a Waterstones £75 voucher; five runners-up get a £15 voucher. All six receive a voucher for Waterstones Book of the Week, *Luckiest Girl Alive* by Jessica Knoll – *Gone Girl* meets *Sex and the City* in the psychological thriller of the summer. **WORDFINDER** Find the name of the show in the shaded squares to win the prize below. **EASY CLUES** For fun! Email your answers to **xword32@radiotimescomps.co.uk**

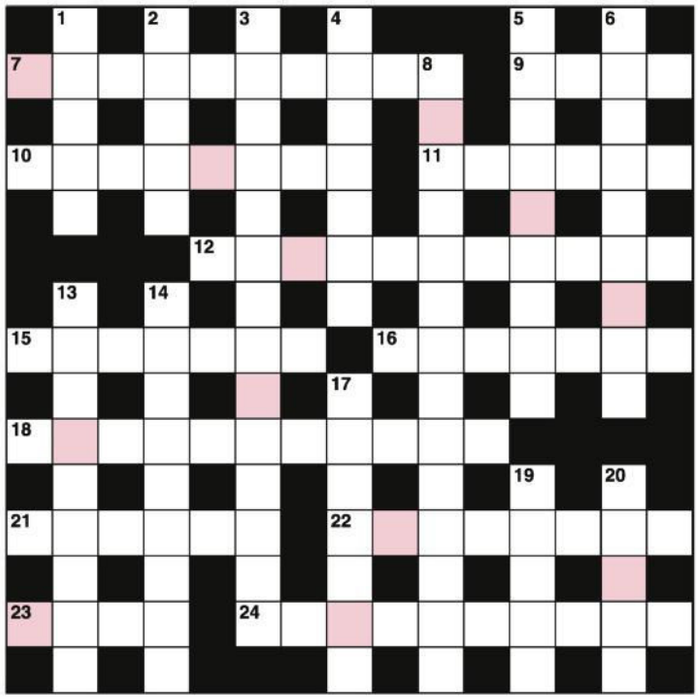
PRIZE CROSSWORD

ACROSS

7 Easy to see through love, as dauphin turns round (10)
9 Nothing in newspaper backing common sense (4)
10 Card game Chopin played with the French (8)
11 Maintain that delay is out of order (6)
12 Queen given card for TV presenter (4,7)
15 Just look at those shuffling inside small kingdom (7)
16 Now a director at sea (2,5)
18 Mark in French tomb delivery (5,6)
21 Part involving king with our departure? (6)
22 Come off the road with garment (8)
23 Fat girl goes to town (4)
24 Sing a carol about instrument (3,7)

DOWN

1 Brilliant 6-6 finally played (5)
2 Winds up holder (5)
3 Dosh raised for TV programme? (4,2,3,5)
4 Predict number and letter on the radio (7)
5 Feeling ready for old tune (2,3,4)
6 Capitalists shoot over to ships (9)
8 Small university in city with French white wine (9,5)
13 People of your status in the House of Lords? (4,5)
14 Bulbous look appearing to annoy in town (9)
17 Cold month outside, regarding staff (7)
19 May possibly be unfriendly about you, say (5)
20 Do a runner, but within the law (3,2)



Prize Crossword 32

NAME
ADDRESS

POSTCODE TELEPHONE
EMAIL

Cut or copy this entry form. Closing date: 19 August. Solution published in *RT* dated 10 September. Send to: Radio Times Prize Crossword, week 32 2016, PO Box 501, Leicester LE94 0AA. Or email your entry to **xword32@radiotimescomps.co.uk**

Immediate Media Company (publishers of *Radio Times*) may contact you with details of our products and services or to undertake research. Tick here if you prefer not to receive such information by post ☐ phone ☐. If you would like to receive such information by email tick here ☐.

Two winners of the Wordfinder puzzle will receive series two of the sitcom *Boy Meets Girl* on DVD. Starring Rebecca Root, Harry Hepple, Denise Welch and Janine Duvitski, it's a ground-breaking comedy about a transgender woman finding love.

EASY CROSSWORD

ACROSS (answers page 148)

7 Cheese often used as pizza topping (10)
9 Slightly wet (4)
10 Person detained (8)
11 As a precaution (2,4)
12 Sailor's flared trousers (4-7)
15 Novice driver (7)
16 Flabbergast (7)
18 Stocky short-haired dog (4,7)
21 Summertime star sign (6)
22 Prison drama series (3,5)
23 Savoury quiche (4)
24 Make more aerodynamic (10)

DOWN

1 Shaped like a sphere (5)
2 Pre-Spanish conquest Mexican (5)
3 Company perks (6,8)
4 Quite old (7)
5 Process of teaching at school (9)
6 Fun, pleasure (9)
8 Joyce actress in *Boomers* (6,8)
13 According to rumour (9)
14 Exceptionally good (9)
17 Payment for corrupt favours (7)
19 Holiday home (5)
20 Arm support (5)

WORDFINDER

Unscramble the letters in the shaded crossword boxes to reveal a TV show. Enter by sending an email with your name, address and telephone number to **wf32@radiotimescomps.co.uk**. Or post your entry (postcards only) to: Radio Times Wordfinder, Week 32 2016, PO Box 501, Leicester LE94 0AA. Two winners will receive the DVD shown left. Prizes sent monthly. Closing date: 19 August.

PRIZE CROSSWORD 27 SOLUTION

Prize Crossword 27 winner* Oaula Mulholland, Armay, Ballymoney
Wordfinder 27 *Ugly Betty*
Wordfinder winners Helen Silsby, Huntingdown; Mrs Hamilton, Newtown Abbey
*All competition winners can be found at radiotimes.com/winners

PUZZLE ANSWERS

THIS WEEK'S ONLY CONNECT SOLUTION
Areas of Manhattan
Harlem, Hell's Kitchen, Greenwich Village, Little Italy
TV cookery shows
MasterChef, Dinner Date, Two Fat Ladies, The Taste
Sea ___ Shanty, Urchin, Level, Salt
Bingo calls Legs (11), Droopy Drawers (44), The Brighton Line (59), Kelly's Eye (1)

THIS WEEK'S ENIGMA SOLUTION
Across Stalk, Field, Eviction, Tick, Adverb, Rumpus, Heinous, Chintz, Spouse, Fund, Reawaken, Stage, Brief. **Down** Delay, Exhaust, Thieve, Hangdog, Later, Blizzard, Enormous, Power, Isthmus, Junkie, Lacquer, Henna

THIS WEEK'S POINTLESS ANSWERS
North By Northwest (22 answered), *Psycho* (77), *Rear Window* (37), *Strangers on a Train* (13), *To Catch a Thief* (9).
So *To Catch a Thief* is the answer that the fewest number of people gave.

THIS WEEK'S COUNTDOWN QUESTION
How Rachel did it: **50-7**=43, **100/5**=20, 43x20=860, 860+**6**=**866**

THIS WEEK'S EGGHEADS SOLUTION
1c 2a 3b 4b 5a 6b 7a 8a 9c 10a

***The Very Pointless Quiz Book* (paperback edition) by Alexander Armstrong and Richard Osman – £8.50 incl postage. Call 0344 245 8092 quote ref RTPB39A.** CALLS COST NO MORE THAN THE NATIONAL RATE PER MINUTE

YOUR RT Puzzles

THE TOUGHEST BRAINTEASERS FROM YOUR FAVOURITE TV SHOWS

Only Connect with Victoria Coren Mitchell

The connecting wall from the BBC2 game show *Only Connect* is an inventive combination of general knowledge, word play and lateral thinking to give your brain cells a workout!

How to play Your task is to sort the 16 seemingly random words/phrases below into four groups of four connected words. You may find some clues fall into more than one category, but there is only one complete solution. If you get stuck, have a look at the clues, on the side of the page...

Harlem	MasterChef	The Brighton Line	Salt
Shanty	Droopy Drawers	Greenwich Village	The Taste
Hell's Kitchen	Urchin	Two Fat Ladies	Little Italy
Legs	Dinner Date	Level	Kelly's Eye

TRY THESE CLUES: GROUP ONE: HELL'S KITCHEN, GROUP TWO: TWO FAT LADIES. GROUP THREE: URCHIN. GROUP FOUR: LEGS. © PARASOL MEDIA

New Countdown with Rachel Riley

Welcome to our new numbers quiz from *Countdown*. Using addition, subtraction, multiplication and division, try to get as close to the top target number as possible in 30 seconds. You can use each of the six numbers only once, but you don't have to use them all. Rachel's solution on previous page.

866

100 50 1 7 6 5

Super Sudoku 561

				1				7
			2					
	1	4	6		7		8	3
3		6					2	
		8		7		6		
	9					1		4
6	8		9		3	7	5	
					1			
9				2				

How to play Complete the grid so that every row, column and 3 x 3 box contains the digits 1 to 9. **Difficulty: 14/20**

SUDOKU NO 560 SOLUTION

6	2	3	5	9	8	1	4	7
4	9	5	6	1	7	8	2	3
8	7	1	4	3	2	6	5	9
2	6	8	3	7	1	5	9	4
9	1	7	2	4	5	3	8	6
5	3	4	9	8	6	7	1	2
3	5	2	1	6	9	4	7	8
1	8	6	7	2	4	9	3	5
7	4	9	8	5	3	2	6	1

The Enigma code

Can you crack the Enigma code? Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. The solution is on the previous page.

Difficulty: 13/20 Target time: 26 minutes

	18	21	17	16	12			20	4	5	16	15
15		25		17			5		18		17	
5	26	4	19	21	4	3	14		21	4	19	12
16		5		5			3		25		9	
17	15	26	5	13	7		13	23	24	6	23	18
22		5			16		24		23		5	
	5		25	5	4	14	3	23	18		13	
	11		17		2		23			8		25
19	25	4	14	21	2		18	6	3	23	18	5
	17		10		17			3		14		14
20	23	14	15		13	5	17	1	17	12	5	14
	18		3		15			5		4		17
18	21	17	10	5			7	13	4	5	20	

A ~~B~~ C D E F G ~~H~~ I J K L M N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7 B	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25 H	26

SCRIBBLE PAD

Order the *Radio Times: From the Archive* book for £10 inc p&p. Call **0344 245 8092** quoting **RTFTA32**. Calls cost no more than the national rate.

Trackword

How many words of three letters or more can you find by tracking from one square to the next, going up, down, sideways or diagonally in order? You may not use the same letter square twice in any word. Proper nouns or foreign words not allowed. Adding an "s" to make the third-person singular of a verb is allowed; a plural is not. What is the nine-letter word?

BRAINBOX 31 words AVERAGE 20

L	A	B
T	K	E
S	N	A

CLIVE DOIG

TRACKWORD FOR LAST ISSUE Nine-letter word FORLORNLY

floor flor fly folly fon fonly fool for forlorn forlornly foy loo loof loon loor lor lorn loy noll nor noy only oof oon oor roll roo roof roon yon

(Ref: *Chambers English Dictionary*)

THIS WEEK'S EASY CROSSWORD SOLUTION

Across 7 Mozzarella **9** Damp **10** Internee **11** In case **12** Bell-bottoms **15** Learner **16** Astound **18** Bull terrier **21** Gemini **22** Bad girls **23** Flan **24** Streamline

Down 1 Round **2** Aztec **3** Fringe benefits **4** Elderly **5** Education **6** Amusement **8** Alison Steadman **13** Reputedly **14** Brilliant **17** Bribery **19** Villa **20** Sling

Pointless

with Richard Osman and Alexander Armstrong

Pointless asks a question of 100 people, the contestants are then asked to choose the answer they think the fewest of those 100 people knew. **How to play** Here are five abbreviations that represent films directed by Alfred Hitchcock. Tell us the full title of the film.

THE POINTLESS APP IS AVAILABLE NOW FROM THE ITUNES APP STORE, GOOGLE PLAY AND AMAZON APPSTORE.

HITCHCOCK FILMS

	R W
N B N	S O A T
P	T C A T

Eggheads

with Jeremy Vine and Dermot Murnaghan

KEVIN ASHMAN

1 What are the Imperial units bushels and pecks used to measure?
a Area **b** Length **c** Capacity

2 Comino, a Mediterranean island, belongs to which country?
a Malta **b** Italy **c** Spain

PAT GIBSON

3 Manuel, the Spanish waiter in the TV sitcom *Fawlty Towers*, came from which city?
a Madrid **b** Barcelona **c** Seville

4 Which area of Lower Manhattan, New York, has historically been a mecca for artists and folk singers?
a Little Italy **b** Greenwich Village **c** Hell's Kitchen

CHRIS HUGHES

5 The *1812 Overture*, marking Russia's victory over Napoleon, is a famous work by which composer?
a Tchaikovsky **b** Borodin **c** Glazunov

6 Who plays the role of the vicious gangster Tom Powers in the 1931 film *The Public Enemy*?
a Edward G Robinson **b** James Cagney **c** Paul Muni

JUDITH KEPPEL

7 What type of animal is the Disney character Pluto?
a Dog **b** Cat **c** Mouse

8 In the British Raj, what name was given to a celebration of a royal event, such as the one attended by George V in 1911 in Delhi?
a Durbar **b** Topee **c** Pukka

DAVE RAINFORD

9 What is the golfing term for when a ball is holed from a bunker?
a Snowman **b** Lucy Locket **c** Golden Ferret

10 In which part of the UK would you find Tintern Abbey, which inspired poet William Wordsworth?
a Wales **b** Scotland **c** England

Dictionary corner Susie Dent

As a child, my mum sewed buttons onto cards for "pin money". Where does the expression come from? **Judith Woods** *London*

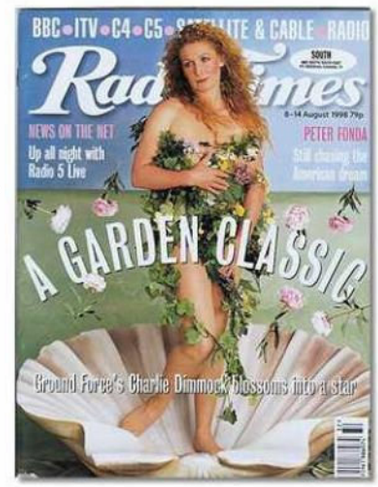
In the 16th century, husbands were expected to give their wives a regular allowance for personal items including pins – essential for dress-making but very expensive. This allowance was seen to be so vital that an agreed amount was often written into a marriage contract. By the early 1700s, pin money, now a byword for a general allowance, was enshrined in law as a woman's rightful property, to be kept even after separation.

Over time, as the importance of pins diminished, so did their value, and pin money moved from meaning a large sum to a trivial amount – not dissimilar from a "peppercorn" one, a term that is still in legal use for a nominal payment required as rent.

WHAT WE WATCHED

1998 8–14 AUGUST

At the peak of her *Ground Force* fame, Charlie Dimmock was the star of our Botticelli-inspired cover. "It's rather ridiculous that a woman doing manual work is still seen as something to make a fuss about," she told us. "I spend all my time moving stone ornaments round, so I can lift heavier weights than the average man, but they won't let me get on with it! It usually tends to be older men in their late 50s or 60s who very sweetly say, 'Oh no dear, I'll do that.' And they pick one up and you see their colour change, but their pride won't let it put them down."



1989 12–15 AUGUST

Preparing for his lead role in Franco Zeffirelli's *Hamlet*, our cover star Mel Gibson complained that the burden of being called the 'sexiest man alive' was embarrassing. He also reflected on his headline-grabbing behaviour and his decision to retreat to his ranch in Sydney. "Hollywood is seductive, especially for someone with an exuberant personality. I was in real danger of stepping off."

2003 9–15 AUGUST

Back in his *Pop Idol* days, Simon Cowell had a plan "My aim in the next five years is to build a successful TV company. The only way you can make TV shows is the same way as you make records – you have to base it on your own tastes. I'm lucky, though – I've always had popular tastes." He also denied revelling in his reputation as TV's Mr Nasty – "Success is the buzz."

SARAH CARSON

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◀ ANSWERS P147

YOUR RT Feedback

EDITED BY JANE HILL

LETTER OF THE WEEK

Good enough to eat!

My grandson, Francis, who lives in north London, devours our *Radio Times* whenever he visits – he reads it cover to cover and especially loves to check out the film reviews and ratings. So for his 12th birthday in June we had a chocolate *Radio Times* made especially for him by our local chocolatier, Hendricks of Hythe. Henry did a fabulous job!
Stella Hopkins *Hythe, Kent*

We quite agree, Stella, thank you – and what a great idea for a birthday gift. Careful, though, we'll all want one!

Stella Hopkins wins an award-winning Evoke D2 portable DAB digital and FM radio. The radio has a walnut veneer casing, contemporary styling and the latest digital amplifier. It retails for £84.99 (see www.pure.com)

PURE

TOP OF THE SCOTS

Soft-grained voices, gentle humour and outstanding interviewing techniques. Just three things Kirsty Young and Eddie Mair, the male and female winners of your radio voices poll (*RT*, 30 July), have in common. Oh, and they're both Scottish. The BBC has come a long way since the stiff posh presenting of bygone days.
Valerie Weber *London SE13*

...It was great to see so many radio presenters featured – they rarely seem to get the wider coverage they deserve. Kirsty Young was a deserving winner. Her voice is indeed silky smooth! Saying that, I was disappointed that my personal favourite didn't make it into the top ten. Lauren Laverne of 6 Music: her Sunderland accent really sends me...
Neil Williams *London NW5*

The radio voices caused much debate – thank you for all your contributions. Thanks, too, to illustrator Sarah Coleman (inkymole.com) whose wonderful work we omitted to credit.

THIS DOC ROCKED

What an excellent documentary *Keith Richards: the Origin of the Species* (23 July BBC2) turned out to be – I was absorbed for the whole hour. The use of archive film complemented Keith Richards's commentary. Being a baby boomer, it jogged many memories and sparked much conversation. It also showed the need to keep documentaries such as this commercial-free; breaks for adverts would have ruined the flow.
Vicky Barber *High Peak, Derbyshire*

JOY OF 66

I was one of the very fortunate spectators to be at Wembley for the World Cup final (*RT*, 30 July) 50 years ago. My grandfather, father, brother and I were all sitting together in Block A, as it then was, so had a very good view of the disputed goal.

Everyone in our section appeared surprised when Gottfried Dienst, the referee, awarded the goal as, earlier in the game, the crowd had been singing "Oh dear, what a referee"!
Peter Cohen *Sutton, Surrey*

STRANGER THAN FICTION

A huge thank you to ITV for the excellent documentary series *The Investigator: a British Crime Story*. It unfolded brilliantly, with drama, meticulous investigation, heartrending sympathy for the poor daughter, a thumping pace and unbelievable tension.
Diana Hindley *Peterborough*

HISTORY MADE REAL

I must commend all involved in producing *The Somme 2016: from Both Sides of the Wire* (BBC2). As a history teacher I thought that I knew all about the battle, but Peter Barton's use of the archive testimony of British and German soldiers allowed what were simply names of objectives or disasters to become fully real. And the German perspective removed some of the clichés that persist a century later. This series has made itself invaluable in what has hitherto been an immensely crowded field.
Rob Johnson *Leicester*

BARE CHEEK

Recently in *The Archers* there was a classic line by Clarrie to Emma: "So you're going all Brazilian in the tearoom..."!
Bri Heath *Aberystwyth*

F FOR GEOGRAPHY

RT's interview with Mo Farah (*RT*, 22 July) referred to him growing up in "Djibouti in Somalia". Djibouti and Somalia are two different countries. It is important to be correct as too many people think Africa is one country. For example, I am sometimes questioned about my earlier travels to Niger and told, "You mean Nigeria." No, I don't.
Eve Levin *New Malden, south-west London*

Apologies for this error, which was not writer Emma Cox's. For clarity, Mo was born in Somalia and moved to Djibouti when he was four.

WELL-OILED MACHINE

As someone who grew up watching the original *Robot Wars*, from 1998 to 2004, I'd definitely say the new series (24 July BBC2) got off to a successful start. The format was refreshing, with brilliant interviews and action, revamped house robots and the return of old competitors like Razer, Behemoth and Terrorhurtz. I thought Dara O Briain and Angela Scanlon were worthy successors to Craig Charles and Philippa Forrester.
Daniel Christopher Wood *Congleton, Cheshire*

ROBOT WARS 2.0
Hosts Dara O Briain and Angela Scanlon with house robot Matilda

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GIVE US A TWIRL
Katie Derham and Aljaz Skorjanec performing at the *Strictly* Prom

STRICTLY SWOONING...

The *Strictly* Prom (22 July BBC4) was truly wonderful entertainment. Katie Derham and the dancers are to be congratulated, as well as all those involved in producing the show.

I have been listening to the BBC Concert Orchestra for many years and have never heard the orchestra, conducted by Gavin Sutherland, play better.
Frank Southern *Warrington, Cheshire*

...The *Strictly* Prom was absolutely wonderful. The music, the dancers, costumes and Katie Derham were all outstanding. Many congratulations, and thank you, to everyone who contributed to staging this spectacular show.
Ann Allen *Burnham-on-Crouch, Essex*

...What an amazing night at the Proms. I was almost reduced to tears by the exquisite dancing to *Somewhere in Time* by John Barry. It's the best performance I have ever seen.
Margaret Price *Basildon, Essex*

...STRICTLY SCEPTICAL

There is plenty of music, new and old, to be incorporated in a Proms season to make it as, or more, exciting and challenging than by importing bits from *Strictly Come Dancing* – another good show.

I know that everything changes, but you can go too far with "evolution" and end up with destruction by mishmash – it being neither one thing nor the other – of one of the most fantastic music festivals in the world.
Dr Sonia Barlow *Winscombe, North Somerset*

HAIR-RAISING HYGIENE

As an avid watcher of *Celebrity MasterChef* (22 July BBC1) I was intrigued when Alexis Conran put the pastry round the lamb without the Parma ham. When he realised, he dragged both his hands over his hair, then carried on touching the pastry. He followed this by stroking his beard before putting the dish together again. Yuk! Not once did he make any attempt to wipe or wash his hands.
Dianne Greenlees *Morecambe, Lancashire*

CAN'T TAKE THE HEAT?
Alexis Conran forgets to keep it clean in the kitchen

I'M OUT!

I decided to give *Dragons' Den* another chance (Sunday BBC2), having turned off last year after the Dragons were unnecessarily harsh. I used to enjoy watching brave people pitching their ideas at the five entrepreneurs, who had all started their businesses in humble ways. There was an element of comedy at times, glances between the team, and a generally good-humoured feel. But I feel the old Dragons have turned into grumpy, toothless old lions – they do a lot of growling and circling and then go in for the kill.

The exception is Sarah Willingham, who is charming, lets people down gently, seems genuinely interested in their ideas and questions intelligently.

I do admire the people who apply to the show – they have a really rough ride in the Den. As for the programme – I'm out.
Harriet Peters *Sheffield*

FAMILIAR FACE

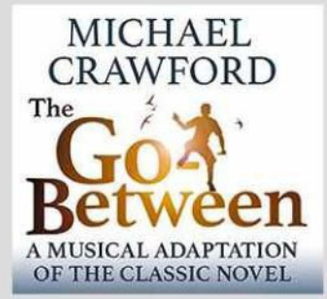
I had to smile when I read the letter from Dave Pound regarding Colin Blane as seemingly the only BBC reporter in Scotland (Feedback, 30 July). I have always felt that Danny Savage (left) is the only one for BBC North West.

I lived in the area for a couple of years and Danny was a familiar sight on the local news, usually in his wellies. Imagine my joy when I moved further south and there was Danny, still covering events from the North West on the main news bulletin. He feels like an old friend!
Julia Hills *Bolnhurst, Bedfordshire*

INN TROUBLE

We are retired hoteliers from Looe in Cornwall and watch *The Hotel Inspector* (Wed Channel 5) with ▷

RT *Travel*



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RT SPECIAL EVENT

Your chance to hear Andrew Davies

Andrew Davies has enjoyed one of the most glittering careers in the history of TV drama. He's the screenwriter who has reimagined the classics for new generations, from the recent triumph of BBC1's *War and Peace* to *Bleak House* (2005), *Pride and Prejudice* (1995) and *House of Cards* (1990 and 2013).

To celebrate Andrew's 80th birthday next month, *Radio Times* has teamed up with the BFI and BBC Store to put on an event you won't want to miss. Andrew will be in conversation with writer and broadcaster Rosie Millard, and their discussion of his work will be accompanied by some great clips.

The talk will take place on 21 September at 8.15pm at BFI Southbank in London. Earlier that evening, at 6.15pm, there will be a rare opportunity to see Andrew's own choice among his many works – his 1987 original BBC2 drama *Inappropriate Behaviour*. It tells of an American behavioural psychologist drafted in to a rural school in the UK, who becomes fascinated by a pupil who, it turns out, has some very dark secrets at home.

RAVISHING ***War and Peace*****, starring Lily James and James Norton, was only the latest TV triumph by Andrew Davies (left)**

TO BOOK TICKETS Tickets are priced at £10.65 (concessions £8.35, with BFI members paying £1.70 less), and a joint ticket for both the screening and the In Conversation is available: please call the box office on **020 7928 3232** (lines are open from 11.30am to 8.30pm). Tickets go on sale from **Tuesday 9 August** and you can also book online from 11.30am on 9 August at **bfi.org.uk/whatson**

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After the huge success of *RT's* 2015 extravanganza at Hampton Court, we're teaming up with BFI Southbank to put on our next festival, coming in spring 2017.

We'll let you know more news as plans develop, but one thing is certain: you can look forward to screenings, panel discussions, special events and workshops, with a stellar line-up of TV talent coming along to meet you. We'll be delighted to see you all there!

◁ a wry smile. We recognise our own mistakes and sometimes have a chuckle at the ineptitude shown on the screen.

However, the latest series appears to feature hotels and B&Bs that give the trade a bad name. The hotel in Devon owned by Kevin, with shades of Peter Kay, was unbelievable: having had vast sums spent on his behalf, he was still totally clueless. Why not film hotels that are capable of benefiting from a lift in life?
John and Sue Charnock
Dartmouth, Devon

OLD FAVOURITES

You invited readers (Feedback, 16 July) to write in with suggestions for classic children's TV that we'd like to see again. Please spare a thought for those of us who had a radio childhood! I most enjoyed the serials, especially those adapted from John Masefield's stories, the Noel Streatfeild books, and even Winnie the Pooh (with H Fraser-Simson's original music).

These could be the basis of a great Radio 4 Extra project.
Richard Allen *East Grinstead, West Sussex*

OLD FACE Ray Fearon in *New Blood*

REX SHUTTERSTOCK

GIVE US A CLUE...

Having watched the brilliant last episode of *New Blood* (21 July BBC1) I was racking my brains trying to think where I'd seen the "baddie", David Kumalah, before. Then Rash said "I saw him on TV," Stefan jokes, "*Strictly*?" and ping went my memory. Of course! Actor Ray Fearon was in *Strictly Come Dancing* in 2006, partnered by Camilla Dallerup. Clever!

I've loved this series – it was left open for a return and I really hope it does.
Fiona Clark *Petersfield, Hampshire*

Fiona Clark wins The Living and the Dead, BBC1's Victorian supernatural drama starring Colin Morgan. It's available to buy now.

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"They were in agreement and said, 'You've worked all your life, Mum, so do what you want with your money.' Now I don't have to watch the pennies. I've made home improvements, and I'm taking lots of holidays. I also have grandchildren in Devon and so I'll be able to go and see them more often.

"What equity release has done for me is life-changing – it's given me a lovely sense of freedom."

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THE VIEW FROM MY ARMCHAIR

'I shout at the screen'

Olympian **Sir Steve Redgrave** is as competitive as ever…

You won't actually be at home during the Olympics, Sir Steve?
No. I'll be in Rio working for the BBC and as an ambassador for Team GB. I'll be honoured to be up close with the latest crop of athletes at the age of 54.

Did you always want to be an Olympian?
As a kid you follow the sport that you see most of on the television, so in the 60s and early 70s I dreamt about playing in the FA Cup final for Chelsea. At my state school we played football, then the head of English asked me if I'd like to try rowing. Going to the river during school time? Yes please!

And you went on to beat all the public school boys in the sport.
Early on in my career, people were saying, "You're capable of being an Olympic champion," so I took that mantle on. Hopefully, I would have done whatever background I came from. But it's not always the case: the opportunity of playing different sports and the coaching abilities at private schools are, unfortunately, much greater than at the state schools. But it's not as bad as people think it is.

How old were you when you first watched the Olympics?
Six. My parents got a colour TV for Mexico City 1968, though I don't remember much of the Games. But I remember Munich 1972, when I was ten, and then in 1976 when gymnast Nadia Comaneci delivered a perfect score. Later I took my ten-year-old son, Zak, to the Beijing Olympics. We were in the stadium for the 200m and Usain Bolt blew him away.

If you and Zak have a kick about in the garden, must you win?
Yes. If you do elite sports, or any sport, you hone those instincts. That never leaves you, though the ability does. So even playing with kids in the garden, I would never give them an easy victory just to massage their ego. They have to work hard to earn it.

Do you race your trolley to the head of the supermarket queue?
I'm not that bad. I'm competitive with myself, trying to get the best out of me, not really beating other people – but that's what most sport is, it's about the personal challenge.

Do you get emotionally involved when you're watching stuff?
Sport is very emotional. I get passionate in my armchair and shout at the screen.

So you don't turn off the passion?
Why would you turn it off?

So you can focus on, say, carrying an Olympic torch into a stadium with 900 million people watching on TV, as you did in 2012?
I trust myself not to drop an Olympic torch. My thoughts were on the seven youngsters I passed the torch on to. I'm sure they were a lot more nervous than I was.

Did you get annoyed by cyclists winning more medals than you?
After Bradley Wiggins won the team pursuit in Beijing someone said, "If Bradley wins the medal in the points event with Mark Cavendish in two days he'll go above you as the most decorated Olympic medallist." That shocked me because I'd gone eight years from winning my last medal without realising; I didn't know I was at the top of the tree. I thought, "I'm only going to have this for two days!" So I was a bit miffed. Unfortunately for Mark and Bradley they didn't get into the medals, so I had that title for another four years and two days.

Are you worried about the Rio Games? So far it hasn't had the best publicity…
I'm feeling very positive. Look at Beijing. After the opening ceremony there's no talk about drugs, or human rights issues; it's about all those sports with the world's best athletes competing. That's how it should be. **MICHAEL HODGES**

Turn to page 6 of our Olympics guide for Sir Steve's must-see events

MY OTHER SPORTS

FOOTBALL I always wanted to play for Chelsea.

RUGBY I love it: I can sprint and I'm strong.

GOLF What a test it is, but golf's the wrong name – call it frustration!

JAKE CURTIS; PA; GETTY

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Unlimited weekend calls are included in these packages. **UK's most powerful Wi-Fi signal**: Versus major broadband providers. For new BT Broadband customers that sign up for 12 months and pay BT line rental. Both include 5GB Cloud and a BT Home Hub. A compatible line required otherwise £30 connection charge may apply. If you leave in the first year, we'll charge you up to £65 towards the cost of your new Hub. Subject to minimum line speed and computer specification. **BT Broadband**: Price from month 13 currently: £15 a month. 67% discount: Comparison vs. existing BT broadband customer price: £15 a month since 3rd July 2016. **BT Infinity**: Price from month 13 currently: £21 a month. 52% discount: Comparison vs. existing BT broadband customer price: £21 a month since 3rd July 2016. Includes a 25GB usage. **BT TV Entertainment Starter**: £6 a month from month 13. 52% discount: Comparison vs. existing BT broadband & TV customer price: £27 a month since 3rd July 2016 .You'll need BT Infinity. Existing broadband customers must have 12 months remaining on your contract, if not you'll need to re-contract your broadband. BT TV content subject to change at any time. Entertainment Starter includes 20 Extra channels and a YouView box. If you stop your service in the first year we will charge you up to £99. HDMI connection required. A 10m cable will be provided. £29 for Broadband extenders, if necessary. Availability of digital channels and quality of content depends on local transmitter and suitable rooftop aerial (www.freeview.co.uk/availability). We'll charge you for on demand content and HD/[blockbuster/box office] films not included in your bolt-on(s). You'll need to pay by Direct Debit. Subject to availability. Terms apply. To verify see bt.com/smarthub

RadioTimes

YOUR 16-DAY OLYMPIC TV GUIDE

Rio 2016

EVERY SPORT
EVERY MOMENT
EVERY DAY

SATURDAY 6 - SUNDAY 21 AUGUST

IN ASSOCIATION WITH

SIR STEVE REDGRAVE CLARE BALDING MICHAEL JOHNSON
VICTORIA PENDLETON DARREN CAMPBELL
SHARRON DAVIES BRENDAN FOSTER COLIN JACKSON

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RadioTimes

FROM THE EDITOR

Will Mo Farah become Britain's greatest Olympic athlete? Is Muhammad Ali really fighting for Britain? Can 18-year-old beautician Amber Hill blast her way to shooting gold?

We'll help you answer these questions and countless more in this 72-page magazine. Welcome to the *Radio Times Olympic Special*, your ideal companion for the next 16 days of supreme sporting action.

You'll be able to watch more of Rio 2016 than any previous Games. The BBC is turning BBC1 and BBC4 into dedicated Olympics channels with round-the-clock coverage. And there are another 24 channels available to watch online and via the red button.

So with 3,000 hours of action ahead, what should you look out for?

We've recruited an astonishing array of sporting experts to give you the inside track. From Steve Redgrave and Michael Johnson to Victoria Pendleton and Sharron Davies, Team RT boasts 15 golds and 31 medals in total.

And if you want to follow the more obscure sports that make the Olympics so compelling, our pages will help you hunt them down.

Let the Games begin!

Ben Preston

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Make the most of *RT's* Olympics special – don't miss a moment!

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Sir Steve Redgrave and Michael Johnson pick their highlights

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Your comprehensive listings to Rio's sporting carnival start here

MEET TEAM RT – OUR EXPERTS

SIR STEVE REDGRAVE

The rowing legend won the last of his five consecutive Olympic gold medals in 2000 and remains the most titled British rower in history.

CLARE BALDING

Balding became the face of the Games for the Olympics and Paralympics in 2012. This year, she's based in the cycling velodrome.

VICTORIA PENDLETON

The Olympic cycling queen bowed out of competition with a gold and silver in London 2012. She's since proved herself a skilled jockey, too.

MICHAEL JOHNSON

At the 1996 Games, he became the only man in history to win gold medals in the 200m and the 400m at a single Olympics.

DARREN CAMPBELL

Campbell won 200m silver in 2000 before taking 4x100m relay gold four years later, in the first British team to win the event since 1912.

SHARRON DAVIES

The swimmer won silver in the 1980 Olympics in the 400m individual medley, a combination of all four strokes.

BRENDAN FOSTER

Foster competed in three Olympic Games and was world record holder over 3,000m. This will be his ninth Games in the commentary box.

COLIN JACKSON

The Welsh hurdler won silver at the 1988 Olympics, was two-time world champion and remains the 60m hurdles world record-holder.

JAMES CRACKNELL The double Olympic gold medallist was part of Britain's legendary coxless four alongside Steve Redgrave, Matthew Pinsent and Tim Foster in 2000.

CRAIG HEAP Heap was the only British male gymnast selected for the 2000 Olympic Games.

HAZEL IRVINE The BBC sports presenter will be covering her 14th Olympics – and the first in South America.

STEVE BACKLEY The former javelin world record-holder holds two silver medals and one bronze.

STEPHEN PARRY The butterfly specialist earned swimming bronze in Athens in 2004.

GABBY LOGAN The BBC Sport anchor also represented Wales in rhythmic gymnastics in the Commonwealth Games.

ANNIE EMMERSON A former triathlon champion, former world number-one duathlete amd multi-sport expert.

IAN STARK The former Scottish equestrian rider has four Olympic silver medals to his name, and was also a Team GB selector until 2012.

JILL DOUGLAS The BBC's cycling expert has covered track racing since 2003.

MATT BAKER The *Countryfile* host was a junior gymnastics champion.

HELEN REEVES The British slalom kayaker won bronze in the 2004 Olympics.

STEVE BUNCE BBC Radio 5 Live's boxing expert has covered the Olympic Games since 1996.

CHRISTINE STILL One of our most successful coaches, Still has worked with British gymnasts for over 40 years.

RUSSELL FULLER Has been the BBC's tennis correspondent since 2013.

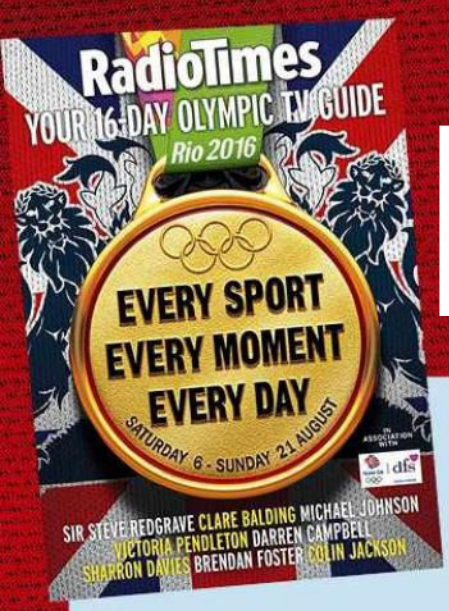
STEPH COOK Became the first ever Olympic winner of the women's modern pentathlon, in 2000.

BOB BALLARD BBC diving commentator who has covered Olympic Games since the late 1990s.

KARTHI GNANASEGARAM The BBC Sport presenter will be covering judo and taekwondo in Rio.

ORE ODUBA The former *Newsround* presenter is one of BBC4's Olympic anchors during the Games.

COVER ILLUSTRATION: IAN McKINNELL
THIS PAGE: GETTY



HOW TO WATCH

- BBC1 & BBC4 are dedicated Olympic channels
- Over 3,000 hours of live broadcasts

THE BEST ACTION – LIVE

From dawn until way past bedtime, **BBC1** is the hub for Rio 2016. Hazel Irvine, Clare Balding and Jason Mohammad will present the best of the live action every day from 1pm through to 4am. During the news, coverage shifts to BBC2.

BEST OF THE REST

Live coverage starts on **BBC4** at 1pm through to the small hours. Dan Walker switches from his BBC *Breakfast* seat to present the evening's entertainment.

EARLY BIRD OR NIGHT OWL?

If you like to go to bed early, BBC1's **Olympic Breakfast** will get you up to speed on the biggest sporting stories of the night, every morning from 6am. **BBC2** repeats the best of the previous night's action as live, from 9.15am. **BBC iPlayer** will have a daily highlights package, the "Olympic Playlist", available to download.

READY FOR RIO
***RT*'s easy-to-follow Olympics choices and listings will ensure you catch all the action**

SATURDAY 6 AUGUST

TV

BBC1

6.00am Olympic Breakfast
Louise Minchin and Charlie Stayt present a round-up of the news while the presenters in Rio preview today's events at the Games. (S) (HD)
9.15-12.10pm Switch to **BBC2** for a replay of yesterday's Olympic opening ceremony.
10.00–12.10pm *BBC1 is showing regular programmes every morning, including News at 12 noon. See page 46 of main magazine for details.*

12.10pm–6.00 Olympics 2016

12.10pm Preview
Hazel Irvine and guests look ahead to an exciting first day of action in Rio, including the men's cycling road race, the first finals in the swimming pool and the early heats of the rowing. (S) (HD)

12.30 Rowing, Road Cycling and Rugby Sevens
The opening heats of the rowing get under way at the Lagoa Stadium. Britain's Alan Campbell, who won bronze at London 2012, is first up as he goes in the heat of the men's single sculls.
Chris Froome will be hoping to make it a golden start for Team GB on day one as he competes in the cycling road race. The hilly course is expected to play to his strengths as he looks to claim Olympic gold in the same year as winning the Tour de France for the third time.
Presented by Hazel Irvine with John Inverdale and Jill Douglas. (S) (HD)
Rowing
12.30 Men's single sculls heats
1.30 Women's single sculls heats
2.30 Men's pair heats
3.00 Women's double sculls heats
3.30 Men's double sculls heats
4.00 Men's lightweight four heats
4.30 Men's quadruple sculls heats
4.50 Women's quadruple sculls heats
Commentary from Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.
Road Cycling
1.30 Men's road race
Rugby Sevens
3.00 Women's pool matches, including at
4.00 Great Britain v Brazil, women's Pool C

5.00–6.00 Swimming
The heats begin at the Aquatics Stadium. The 400m individual medley title is there for the taking as 2012 champion Ryan Lochte hasn't qualified.
Presented by Hazel Irvine with Helen Skelton. (S) (HD)
Swimming
5.00 Men's 400m individual medley heats
5.28 Women's 100m butterfly heats
5.48 Men's 400m freestyle heats

6.00 BBC News Weather

6.20–10.00 Olympics 2016

6.20 Road Cycling and Gymnastics
The climax of the men's cycling road race, where there are high hopes for the British squad.
Plus there are highlights of the first rotation of the men's artistic gymnastics qualifying.
Presented by Clare Balding with Mark Chapman and Jill Douglas. (S) (HD)

7.45 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events. (S) (HD)

8.15 Rugby Sevens, Beach Volleyball and Tennis
Coverage continues with women's rugby sevens pool matches at the Deodoro Stadium, the beach volleyball preliminaries from the famaous Copacabana Beach, and the first-round tennis matches in the men's and women's singles and doubles. Clare Balding presents. (S) (HD)
Beach Volleyball
8.30, 9.30, 10.30 Preliminary matches

WHAT I'LL BE WATCHING
DOMINIC WEST

TABLE TENNIS
"I used to say the Olympics was all about the gymnastics for me – it really is amazing. But I also love table tennis. You can't beat a bit of ping pong! It is one of those sports that take the breath away, where you have to sit back and say: 'How the bloody hell do they do that?'."

9.00–10.00 Rugby Sevens and Archery
Rugby sevens has been added to the Olympic schedule for Rio 2016. Team GB's women, widely tipped as medal contenders, play their second match of the day as they take on Japan.
There's also action from the men's team final in the archery from the Sambodromo. (S) (HD)
Rugby Sevens
9.00 Great Britain v Japan, women's Pool C

*10.00–10.20 Switch to **BBC2** for continuing coverage from around the Games.*

10.00 BBC News Weather

10.20–4.00am Olympics 2016

10.20 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

10.50 Rugby Sevens and Gymnastics
Britain's gymnasts enjoyed a memorable Games in London four years ago, with four medals. The men's bid to continue that success in Brazil begins with qualifying today. Plus there's further coverage of the women's rugby sevens.
Clare Balding and Mark Chapman present. (S) (HD)

12 midnight–4.00am Hockey and Swimming
Swimming takes centre stage in the evening session, with Britain's James Guy hoping to turn 2015 World Championship 400m freestyle silver into Rio 2016 gold. Elsewhere, Great Britain's women's hockey team – bronze medallists at London 2012 – take on Australia.
Presented by Jason Mohammad with Helen Skelton. (S) (HD)
Hockey
12.30 Great Britain v Australia, women's Group B
Swimming
2.03 Men's 400m individual medley final
2.14 Women's 100m butterfly semi-finals
2.30 Men's 400m freestyle final
2.49 Women's 400m individual medley final
3.08 Men's 100m breaststroke semi-finals
3.24 Women's 4x100m freestyle final
Commentary by Andy Jameson and Adrian Moorhouse, with reports by Sharron Davies.

4.00–6.00am BBC News
Freeview 1 Freesat 101 Sky 101 Virgin 101
HD BBC1 HD Freeview 101 Freesat 106 Sky 115 Virgin 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Table Tennis, Fencing, Shooting, Handball and Volleyball
The preliminaries in the men's and women's table tennis singles get under way at the Riocentro.
In fencing, the individual epée competitions for both men and women progress through the rounds and preliminaries in the women's volleyball and handball take place. Plus there's qualifying in the women's 10m air rifle.
Presented by Ore Oduba. (S) (HD)

2.30 Tennis, Gymnastics, Road Cycling and Hockey
Britain's gymnasts were among the stars of the London 2012 Olympics – winning four medals in all, and vastly exceeding expectations – and the men are in qualification action today.
Matt Baker presents. Craig Heap and Christine Still commentate, with guest Beth Tweddle.
There's also coverage from the first round of the men's and women's singles in the tennis. Andy Murray has been in fine form in 2016 already, winning his second Wimbledon title, and he'll be embarking on his attempt to make it back-to-back Olympic men's singles titles.
There's also coverage from the men's hockey tournament, which was won in 2012 by Germany, and a chance to catch up with events at the men's cycling road race. (S) (HD)
Hockey
3.00 India v Ireland, men's Group B

4.30 Hockey, Road Cycling and Boxing
Continued coverage of the men's cycling road race and Great Britain's men are in action in the hockey tournament. Plus coverage of the preliminary bouts in the men's boxing. (S) (HD)
Hockey
4.30 Belgium v Great Britain, men's Group A
Commentary by Matt Chilton, Simon Mason and Mel Clewlow.

6.00 Swimming
Fresh from their best ever performance at last year's World Championships, there are high hopes for Britain's swimmers. All eyes will be on reigning world champion Adam Peaty in the heats of the 100m breaststroke, an event in which the Briton holds the world record.
Introduced by Dan Walker with Helen Skelton. (S) (HD)
Swimming
6.00 Men's 400m freestyle heats
6.14 Women's 400m individual medley heats
6.40 Men's 100m breaststroke heats
7.03 Women's 4x100m freestyle heats

7.30 Judo, Archery and Fencing
Coverage of the men's quarter-finals, semi-finals and finals in the team archery and action from the men's -60kg and women's -48kg judo competitions, with semi-finals, repechages and bronze-medal bouts. (S) (HD)

9.30 Football, Rugby Sevens and Fencing
The first-round match between USA and France in the women's football takes place at the Mineirao in Belo Horizonte. Plus there's coverage of the final of the women's fencing individual epée.
Introduced by Dan Walker. (S) (HD)
Football
9.00 USA v France, women's Group G
10.00 Germany v Australia, women's Group F
Fencing
9.45 Women's épée final

12 midnight–2.00am Weightlifting
The first day of action concludes at the Riocentro with the women's 48kg weightlifting final. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See page 46 of the main magazine.*

Freeview 9 Freesat 110 Sky 116 Virgin 107
HD BBC4 HD Freeview 106 Freesat 107 Virgin 164

* Events are subject to time or channel changes

LISTEN LIVE – RADIO 5 LIVE & 5 LIVE OLYMPICS EXTRA

THE OLYMPICS

IN ASSOCIATION WITH TEAM GB | dfs OFFICIAL PARTNER

- Sport by sport, 24 extra Olympic channels
- Online, on the Red Button – and on radio

Red button/Online

DAY 1

NEVER MISS A MOMENT!

BBC1 AND BBC4
● BBC1 and BBC4 are dedicated Olympic channels with the pick of the live action from 1.00pm.

RED BUTTON
● You can watch all the action marked ● below on the red button. Viewers with internet-connected TVs and set-top boxes can watch every sport listed, via Red Button +

GO ONLINE
● You can watch live coverage online of every sport, every day, simply by going to bbc.co.uk/sport or using the BBC Sport app. All coverage is in HD

Live – every sport, every day

bbc.co.uk/sport

ARCHERY	● **1.00pm–2.40** Men's team event: last-16 matches	● **6.00pm–9.45** Men's team event: quarter-finals (6.00); semi-finals (7.43); bronze-medal match (8.39); final (9.07)	
BASKETBALL	**4.00pm–1.30am** Women's preliminary rounds: ● Turkey v France (4.00); China v Canada (6.15); Brazil v Australia (9.30); Belarus v Japan (11.45)	**6.15pm–4.15am** Men's preliminary rounds: Australia v France (6.15); [illegible] v USA (11.00); ● Venezuela v [illegible] (2.30am)	
BEACH VOLLEYBALL	**2.00pm–5.50** Men's and women's preliminaries	**7.30pm–11.20am** Men's and women's [illegible]	● **1.00am–4.50** Men's and women's preliminaries
BOXING	● **3.00pm–5.15** Men's preliminaries: light flyweight from 3.00; lightweight from 3.45; light heavyweight from 4.30; heavyweight at 5.00	● **9.00pm–11.15** Men's preliminaries: light flyweight from 9.00; lightweight from 9.45; light heavyweight from 10.30; heavyweight at 11.00	
CYCLING	● **1.30pm–8.00** Men's road race		
EQUESTRIAN	● **2.00pm–8.05** Eventing: individual and team dressage, day one		
FENCING	**1.00pm–6.15** Men's and women's epee individual: round of 64 (1.00); round of 32 (2.15); round of 16 (4.30); quarter-finals (women's 5.05; men's 5.45)	● **8.00pm–10.35** Women's epee individual: semi-finals (8.00); bronze medal bout (9.15); final (9.45)	
FOOTBALL		● **7.00pm–4.00am** Women's first round: Canada v Zimbabwe (7.00); USA v France (9.00); Germany v Australia (10.00); South Africa v People's Republic of China (11.00); Colombia v New Zealand (12.00); Brazil v Sweden (2.00am)	
GYMNASTICS	**2.30pm–5.00** Men's artistic: qualification, subdivision 1	● **6.30pm–9.00** Men's artistic: qualification, subdivision 2	● **10.30pm–1.00am** Men's artistic: qualification, subdivision 3
HANDBALL	**1.30pm–5.00** Women's preliminary matches: Norway v Brazil (1.30); Netherlands v France (3.30)	**6.40pm–10.10** Women's preliminary matches: Russian Federation v Republic of Korea (6.40); Montenegro v Spain	● **[illegible]pm–3.20am** Women's preliminaries: Romania v Angola (11.50); Sweden v Argentina (1.50am)
HOCKEY	● **2.00pm–7.15** Men's pool: Argentina v Netherlands (2.00); India v Ireland (3.00); Belgium v Great Britain (4.30); Australia v New Zealand (5.30)	● **9.00pm–2.15am** Women's pool: Argentina v USA (9.00); Great Britain v Australia (12.30am)	● **10.00pm–1.15am** Men's pool: Canada v Germany (10.00); Spain v Brazil (11.30)
JUDO	**2.00pm–5.00** Men's -60kg and women's -48kg: preliminaries; quarter-final bouts	● **7.30pm–10.10** Men's -60kg and women's -48kg: semi-final; final bouts	
ROWING	**12.30pm–5.10** Heats: ● men's singles sculls (12.30); women's single sculls (1.30); men's pair (2.30); women's double sculls (3.00); men's double sculls (3.30); men's lightweight four (4.00); men's quadruple sculls (4.30); women's quadruple sculls (4.50)		
RUGBY SEVENS	● **3.00pm–6.00** Women's pool matches: France v Spain (3.00); New Zealand v Kenya (3.30); Great Britain v Brazil (4.00); Canada v Japan (4.30); USA v Fiji (5.00); Australia v Colombia (5.30)	● **8.00pm–11.00** Women's pool matches: France v Kenya (8.00); New Zealand v Spain (8.30); Great Britain v Japan (9.00); Canada v Brazil (9.30); USA v Colombia (10.00); Australia v Fiji (10.30)	
SHOOTING	**12.30pm–3.30** Women's 10m air rifle: qualification (12.30); finals (2.30)	**5.00pm–8.30** Men's 10m air pistol: qualification (5.00); finals (7.30)	
SWIMMING	**5.00pm–7.20** Opening heats	● **2.00am–3.55** Men's 400m individual medley final (2.00am); women's 100m butterfly semi-finals (2.14); men's 400m freestyle final (2.30); women's 400m individual medley final (2.49); men's 100m breaststroke semi-finals (3.08); women's 4x100m freestyle relay final (3.24)	
TABLE TENNIS	● **1.00pm–4.45** Men's and women's singles prelims; women's singles first round	**6.30pm–9.30** Men's and women's singles: first-round matches	**11.00pm–2.00am** Men's singles first round; women's singles second round
TENNIS	**2.45pm–12 midnight** First-round matches in the men's and women's singles and doubles: ● from 2.45–8.35 on Centre Court		**10.45pm–3.00am** First-round matches in the men's and women's singles and doubles: ● from 12 midnight on Centre Court
VOLLEYBALL	**1.30pm–5.20** Women's preliminary rounds: Japan v Republic of Korea (1.30); People's Republic of China v Netherlands (3.35)	**7.00pm–10.50** Women's preliminary rounds: Brazil v Cameroon (7.00); USA v Puerto Rico (9.05)	● **12.30am–4.20** Women's preliminary rounds: USA v South Korea (12.30am); Serbia v Italy (2.35)
WATER POLO	**1.00pm–3.40** Men's preliminary rounds: Serbia v Hungary (1.00); USA v Croatia (2.20)	**3.40pm–6.20** Men's preliminary rounds: Spain v Italy (3.40); Greece v Spain (5.00)	**11.30pm–2.10am** Men's preliminary rounds: France v Montenegro (11.30); Brazil v Australia (12.50am)
WEIGHTLIFTING			● **11.00pm–1.00am** Women's 48kg final

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

11

PICTURE CREDIT

DON'T MISS A MOMENT

Here's where it gets really smart. Rather than wait for BBC1 or BBC4 to show your favourite event, pick any sport you want to follow on one of the BBC's **24 live Olympic channels online** or via the **Red Button**.

RED BUTTON

Nearly everyone can watch up to eight Red Button channels on their television marked ● on our pages. All Olympic sports are available via **Red Button +** to everyone with an internet-connected TV (including those connected to YouView, BT YouView or TalkTalk boxes and Virgin services). If you have a very old Freeview box, you may need to go online.

ONLINE

All Olympic sports will be available to watch live in HD online via **bbc.co.uk/olympics** – you'll even be able to pause and rewind the live action while you're watching.

RADIO

Radio 5 Live will be hosting an **Olympic Breakfast** every morning from 6am, before picking up live coverage from Rio from midday.

Live sport always follows the action! BBC1 and BBC4 will show the big stories as they unfold, so timings are subject to change.

GETTY; IAN CRABB

MY RIO

SIR STEVE REDGRAVE

Britain's greatest ever rower will have his eyes on the track – and the ring

1 BRADLEY WIGGINS CYCLING, TEAM PURSUIT

Bradley and I have a lot in common in terms of what we've put into our sports: dedication, time, sacrifice. The difference is that Bradley has been a success on so many fronts. To be an outstanding track cyclist, then to win the Tour de France – the biggest road race in the world – followed by Olympic gold on the road at London 2012, and then come back to try to win on the track all over again is just incredible. He's always challenging himself. Me? I just did the same thing over and over again! **Day 7**

2 NICOLA ADAMS BOXING

Before London 2012, I wasn't quite sure about women's boxing. I struggle with boxing anyway, but I went along to the finals – with the Princess Royal, actually! – to see Nicola Adams, and it was an amazing atmosphere. The arena had been taken over by Irish supporters. Nicola was first on, and the support the crowd gave her was amazing. Irish boxer Katie Taylor was next on – and she won gold, too! I'll definitely be watching again. **From Day 7**

3 HANDBALL

I always try to watch sports I'm unfamiliar with – whatever is around. I remember in Athens in 2004 going to watch the handball. We have no tradition of handball in this country, but I absolutely loved the athleticism of it, the spectacle. France are the world and Olympic champions. In the Olympics, it really doesn't matter what you see – the point is you're seeing the best in the world doing what they're best at. **From Day 1**

4 TABLE TENNIS

In the early rounds at Beijing in 2008 the hall was packed with table tennis tables, and then as the tournament progressed they took out one table after another until there was just one lone table left in the middle. The match was China against Sweden [in the semi-finals], and one whole section was blocked out in the gold and blue of the Swedish flag. Every time the ball wasn't in play, the crowd were on their feet chanting. It was something I will always remember. **From Day 1**

RIO ROYALTY
Clockwise from left: Bradley Wiggins, Nicola Adams and Helen Glover and Heather Stanning

5 HELEN GLOVER & HEATHER STANNING, ROWING

Helen Glover and Heather Stanning came in slightly under the radar at London 2012 – but ended up winning Britain's first Olympic gold of the Games, not to mention Britain's first ever women's rowing Olympic gold. Our women's pair have reunited for 2016 and head to Rio unbeaten in five years. This time, they will be feeling the pressure and expectation to win. **From Day 2**

UNMISSABLES

IN ASSOCIATION WITH TEAM GB | dfs OFFICIAL PARTNER

MICHAEL JOHNSON

The US running legend has a new secret passion – rugby sevens!

GOING FOR GOLD Jamaica's Shelly-Ann Fraser-Pryce is racing for a third gold at 100m

1 SHELLY-ANN FRASER-PRYCE WOMEN'S 100M

The Olympic champion in 2008 and 2012 could beat fellow Jamaican Usain Bolt to three straight 100m golds. But given the form she's in, I don't think her chances are as good as his. It's a big year for the women's 100m, with a very strong US team (English Gardner, Tianna Bartoletta, Tori Bowie), Dafne Schippers (Netherlands) and Michelle-Lee Ahye (Trinidad) all in for the medals. We'll need to wait until after the first round before making any predictions. **From Day 7**

ONE GIANT LEAP... Greg Rutherford is ahead of his rivals

2 USAIN BOLT MEN'S SPRINTS

I spoke with Usain the day before he won the 200m at the London Anniversary Games [22 July] and he sounded confident. He damaged a hamstring in early July, but the injury was very minor. He's in better shape than he was last year, for sure. And when he's healthy, there's no one who can beat him. He's a superstar who transcends the sport. **Finals: 100m, Day 9; 200m, Day 13**

3 MEN'S 400M

My old event is going to be a great race, very competitive. The big three are: South Africa's Wayde van Niekerk (right) the world champion on his Olympic debut; LaShawn Merritt (US); and Kirani James (Grenada). Those guys have all shown they have the ability to run under 44 seconds; you can make a solid case for each of them to win gold. **Final: Day 9**

4 GREG RUTHERFORD LONG JUMP

Greg is as strong a gold medal contender for Britain as Mo Farah is on the track. There's no doubting that Greg's a great competitor – that's why he's not only the defending Olympic champion, but also the holder of the World, European and Commonwealth titles – and in the past few years he's come out on top, no matter who has taken him on. It looked at the start of the season as if the rest of the field was really going to rise to the challenge and he was going to have it tougher. But the standard has started to level off now, and that bodes well for Greg. **Day 8**

5 RUGBY SEVENS

This is going to be fantastic. I was in Dubai last December and that was the first time I'd ever seen it. I was very impressed. Based on the popularity of rugby around the world, and the fact that it's a very fast-paced team sport that's easy to follow, it has a really good chance to do well at the Olympics [this is its debut]. And it gives Fiji the chance to win their first gold medal [Fiji, the favourites, have never won an Olympic medal]. **From Day 1**

Interviews by **Michael Hodges** and **Brian Oliver**

GETTY

SATURDAY 6 AUGUST The experts' choice

PICK OF THE ACTION

Cycling: Men's Road Race *1.30pm* ***BBC1, BBC4***

There was so much hype around the men's road race on the first day of London 2012. Everybody expected Mark Cavendish to open Britain's medal acccount, but things went against him. It's a reminder that in a big one-day race, anything can happen. That will be true of Rio, where the 237.4km course is much hillier than London. The race starts at Fort Copacabana and travels along a spectacular coast road and through national parks, and it's the kind of test that could suit Britain's Adam Yates after his great Tour de France. There are a whole host of favourites, and I wouldn't necessarily put Tour winner Chris Froome at the top of them. The rest of the GB team comprises Geraint Thomas, Ian Stannard and Steve Cummings – all of whom completed this year's Tour – with Cavendish, like Bradley Wiggins, only competing on the track this time round. Other names to look out for include Alejandro Valverde of Spain, Vincenzo Nibali of Italy and Rui Costa of Portugal. **Jill Douglas**

Gymnastics: Men's Qualification

2.30pm ***BBC4***

The pressure is on right from the start as gymnasts compete as teams and as individuals. Twelve nations compete for the eight places in the team final, and each gymnast is also trying to qualify for the all-around final and individual apparatus events. The whole process is nerve-racking – if you don't perform, you're out, and a single mistake can wreck your chances. Look out for GB's Max Whitlock on the pommel horse. **Christine Still**

Swimming: Women's 400m IM Final

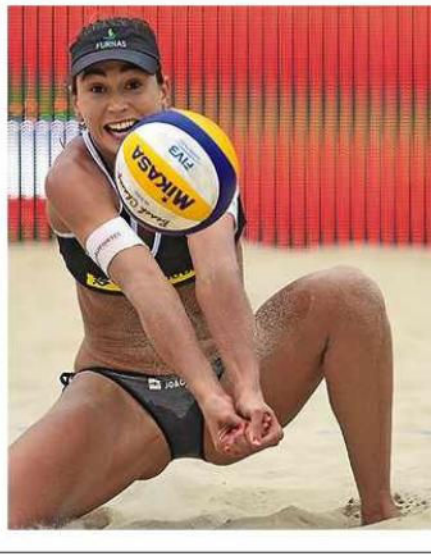
2.49am ***BBC1***

A good start is so important, and in Rio we could get just that with our top Individual Medley racer Hannah Miley. The medley features all four strokes – butterfly, backstroke, breaststroke and freestyle – of which three are variations on each other, but breaststroke is different. Most IM racers can do a really good fly, back and freestyle, with a good enough breaststroke not to get left behind. At least, that's the way I swam it! **Sharron Davies**

Men's 100m Breaststroke Semis

3.16am ***BBC1***

This is the best British swimming team in living memory. In 2014 we had a superb Commonwealth Games and European Championships, stepping up again at last year's World Championships. Today we'll be looking to world record-holder Adam Peaty to get us off to a flying start in the 100m breaststroke. He's the man who became the first to break 58 seconds when he clocked 57.92 last year. **Steve Parry**



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THE WHEEL THING
Chris Froome and Bradley Wiggins lead the pack during the road race at London 2012

Rowing: Women's Double Sculls

3pm ***BBC1***

I'd love to be proved wrong, but I just can't see the British pair, Katherine Grainger and Vicky Thornley, winning gold. Katherine – Olympic champion in 2012 after so many near misses – is now 40, which isn't ideal, but it's the fact she took two years out of rowing post-London. Steve Redgrave was 38 when we won gold in Sydney and, like Katherine, had immense hunger – but, crucially, he'd never taken any time out of the boat. This is a fiercely competitive field, with Poland, Germany, Italy and New Zealand all strong. Australia are always annoyingly good, too. I think the GB duo are going to have to massively frontload the race. Katherine's status means that if they go out in front, it might put the fear into the opposition's minds that she's going to win. It's the most painful way to race, but it's the only way I can see them winning. And if they do, what a story! **James Cracknell**

ROARING 40s
Katherine Grainger is out to prove that age is no barrier to glory

A SOUTH AMERICAN FIRST

By hosting the 28th Summer Olympic Games, Rio de Janeiro becomes the first South American city to do so. Europe is top of the table when it comes to hosting honours, with 16 Games, followed by North America (5), Asia (3), Australia (2), and Central America (1). When Africa will get to host the Games remains to be seen. Tokyo is the host in 2020 and no African city is in the running for 2024, for which the candidates are Rome, Paris, Budapest and Los Angeles. Rio is the first host city west of the UK since Atlanta in 1996, and for us that means some late nights. Speaking of which...

STAY UP FOR...

WOMEN'S HOCKEY: GB V AUSTRALIA

12.30am ***BBC1***

GB's 2012 bronze medal-winners begin their campaign looking to go at least one better. Skipper **Kate Richardson-Walsh** (above) broke her jaw competing in London, but returned later in the week to lead her side to victory. Supporting her is worth a little discomfort, right?

WHY WATCH IT...

Fencing

Croquet, pigeon-shooting, tug-of-war – just some of the Olympic events that have come and gone since the modern Games began in 1896. Fencing, however, has withstood the cut and thrust (sorry) of sporting trends and featured at every Olympics. There are three types of weapon: épée, sabre and foil. The épée, below, is the largest and heaviest, and it's the easiest form of the sport to follow because competitors can score by hitting any part of the body – no below-the-belt penalties here. You score points by making contact with your opponent with the tip of the sword. Sensors register a successful attack; whoever scores the most touches wins the round. In the épée everything is game; with the sabre it's everything above the waist; and foil restricts hits to just the torso. **James Gill**

Women's Épée Final *9.45pm* ***BBC4***

Beach Volleyball: Preliminaries

7.30pm ***BBC1***

Beach volleyball on Copacabana Beach: has there ever been a more appropriate venue for an Olympic event? Rio is the sport's spiritual home: in 1987 the first international event was held here; Brazil's women won gold and silver in the first Olympic competition in 1996. Medals have been won by Brazil's men and women at every Olympics since. Forget everything else: this is the sport Rio residents really want to shout about. **James Gill**

GOLDS TODAY

ARCHERY Men's Team *9.07pm* **CYCLING Men's Road Race** *1.30pm* **FENCING Women's Épée** *9.45pm* **JUDO Women's -48kg** *9.20pm,* **Men's -60kg** *9.20pm* **SHOOTING Women's 10m Air Rifle** *2.30pm*, **Men's 10m Air Pistol** *7.30pm* **SWIMMING Men's 400m IM** *2.03am,* **Men's 400m Freestyle** *2.30am,* **Women's 400m IM** *2.49am,* **Women's 4x100m Freestyle** *3.24am* **WEIGHTLIFTING Women's 48kg** *11pm*

GETTY; REX; FREEPIK

BBC1

6.00am Olympic Breakfast
Louise Minchin and Charlie Stayt present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

9.15-12.10pm *Switch to* ***BBC2*** *for a replay of yesterday's Olympic opening ceremony.*

10.00–12.10pm *BBC1 is showing regular programmes every morning, including News at 12 noon. See page 48 of main magazine for details.*

12.10pm–6.00 Olympics 2016

12.10pm Preview
Hazel Irvine and guests look ahead to an exciting first day of action in Rio, including the men's cycling road race, the first finals in the swimming pool and the early heats of the rowing. (S) (HD)

12.30 Rowing, Road Cycling and Rugby Sevens
The opening heats of the rowing get under way at the Lagoa Stadium. Britain's Alan Campbell, who won bronze at London 2012, is first up as he goes in the heats of the men's single sculls.

Chris Froome will be hoping to make it a golden start for Team GB on day one as he competes in the cycling road race. The hilly course is expected to play to his strengths as he looks to claim Olympic gold in the same year as winning the Tour de France for the third time.

Presented by Hazel Irvine with John Inverdale and Jill Douglas. (S) (HD)

Rowing
12.30 Men's single sculls heats
1.30 Women's single sculls heats
2.30 Men's pair heats
3.00 Women's double sculls heats
3.30 Men's double sculls heats
4.00 Men's lightweight four heats
4.30 Men's quadruple sculls heats
4.50 Women's quadruple sculls heats
Commentary from Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.

Road Cycling
1.30 Men's road race

Rugby Sevens
3.00 Women's pool matches, including at
4.00 Great Britain v Brazil, women's Pool C

5.00–6.00 Swimming
The heats begin at the Aquatics Stadium. The 400m individual medley title is there for the taking as 2012 champion Ryan Lochte hasn't qualified. Presented by Hazel Irvine with Helen Skelton. (S) (HD)

Swimming
5.00 Men's 400m individual medley heats
5.28 Women's 100m butterfly heats
5.48 Men's 400m freestyle heats

6.00 BBC News Weather

6.20–10.00 Olympics 2016

6.20 Road Cycling and Gymnastics
The climax of the men's cycling road race, where there are high hopes for the British squad.

Plus there are highlights of the first rotation of the men's artistic gymnastics qualifying.

Presented by Clare Balding with Mark Chapman and Jill Douglas. (S) (HD)

7.45 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events. (S) (HD)

8.15 Rugby Sevens, Beach Volleyball and Tennis
Coverage continues with women's rugby sevens pool matches at the Deodoro Stadium, the beach volleyball preliminaries from the famous Copacabana Beach, and the first-round tennis matches in the men's and women's singles and doubles. Clare Balding presents. (S) (HD)

Beach Volleyball
8.30, 9.30, 10.30 Preliminary matches

WHAT I'LL BE WATCHING
DOMINIC WEST

TABLE TENNIS
"I used to say the Olympics was all about the gymnastics for me – it really is amazing. But I also love table tennis. You can't beat a bit of ping pong! It is one of those sports that take the breath away, where you have to sit back and say – how the bloody hell do they do that?"

9.00–10.00 Rugby Sevens and Archery
Rugby sevens has been added to the Olympic schedule for Rio 2016. Team GB's women, widely tipped as medal contenders, play their second match of the day as they take on Japan.

There's also action from the men's team final in the archery from the Sambodromo. (S) (HD)

Rugby Sevens
9.00 Great Britain v Japan, women's Pool C

10.00–10.20 *Switch to* ***BBC2*** *for continuing coverage from around the Games.*

10.00 BBC News Weather

10.20–4.00am Olympics 2016

10.20 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

10.50 Rugby Sevens and Gymnastics
Britain's gymnasts enjoyed a memorable Games in London four years ago, with four medals. The men's bid to continue that success in Brazil begins with qualifying today. Plus there's further coverage of the women's rugby sevens.

Clare Balding and Mark Chapman present. (S) (HD)

12 midnight–4.00am Hockey and Swimming
Swimming takes centre stage in the evening session, with Britain's James Guy hoping to turn 2015 World Championship 400m freestyle silver into Rio 2016 gold. Elsewhere, Great Britain's women's hockey team – bronze medallists at London 2012 – take on Australia.

Presented by Jason Mohammad with Helen Skelton. (S) (HD)

Hockey
12.30 Great Britain v Australia, women's Group B

Swimming
2.03 Men's 400m individual medley final
2.14 Women's 100m butterfly semi-finals
2.30 Men's 400m freestyle final
2.49 Women's 400m individual medley final
3.08 Men's 100m breaststroke semi-finals
3.24 Women's 4x100m freestyle final
Commentary by Andy Jameson and Adrian Moorhouse, with reports by Sharron Davies.

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Table Tennis, Fencing, Shooting, Handball and Volleyball
The preliminaries in the men's and women's table tennis singles get under way at the Riocentro.

In fencing, the individual epée competitions for both men and women progress through the rounds and preliminaries in the women's volleyball and handball take place. Plus there's qualifying in the women's 10m air rifle. Presented by Ore Oduba. (S) (HD)

2.30 Tennis, Gymnastics, Road Cycling and Hockey
Britain's gymnasts were among the stars of the London 2012 Olympics – winning four medals in all, and vastly exceeding expectations – and the men are in qualification action today.

Matt Baker presents. Craig Heap and Christine Still commentate, with guest Beth Tweddle.

There's also coverage from the first round of the men's and women's singles in the tennis. Andy Murray has been in fine form in 2016 already, winning his second Wimbledon title, and he'll be embarking on his attempt to make it back-to-back Olympic men's singles titles.

There's also coverage from the men's hockey tournament, which was won in 2012 by Germany, and a chance to catch up with events at the men's cycling road race. (S) (HD)

Hockey
3.00 India v Ireland, men's Group B

4.30 Hockey, Road Cycling and Boxing
Continued coverage of the men's cycling road race, while Great Britain's men are in action in the hockey tournament. Plus coverage of preliminary bouts in the men's boxing. (S) (HD)

Hockey
4.30 Belgium v Great Britain, men's Group A
Commentary by Matt Chilton, Simon Mason and Mel Clewlow.

6.00 Swimming
Fresh from their best ever performance at last year's World Championships, there are high hopes for Britain's swimmers. All eyes will be on reigning world champion Adam Peaty in the heats of the 100m breaststroke, an event in which the Briton holds the world record. Introduced by Dan Walker with Helen Skelton. (S) (HD)

Swimming
6.00 Men's 400m freestyle heats
6.14 Women's 400m individual medley heats
6.40 Men's 100m breaststroke heats
7.03 Women's 4x100m freestyle heats

7.30 Judo, Archery and Fencing
Coverage of the men's quarter-finals, semi-finals and finals in the team archery and action from the men's -60kg and women's -48kg judo competitions, with semi-finals, repechages and bronze-medal bouts. (S) (HD)

9.30 Football, Rugby Sevens and Fencing
The first-round match between USA and France in the women's football takes place at the Mineirao in Belo Horizonte. Plus there's coverage of the final of the women's fencing individual epée.

Introduced by Dan Walker. (S) (HD)

Football
9.00 USA v France, women's Group G
10.00 Germany v Australia, women's Group F

Fencing
9.45 Women's épée final

12 midnight–2.00am Weightlifting
The first day of action concludes at the Riocentro with the women's 48kg weightlifting final. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See page 48 of the main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

LISTEN LIVE – RADIO 5 LIVE & 5 LIVE OLYMPICS EXTRA

Red button/Online

DAY 1

IN ASSOCIATION WITH TEAM GB | dfs OFFICIAL PARTNER

NEVER MISS A MOMENT!

BBC1 AND BBC4

● BBC1 and BBC4 are dedicated Olympic channels with the pick of the live action from 1.00pm.

RED BUTTON

● You can watch all the action marked ● below on the red button. Viewers with internet-connected TVs and set-top boxes can watch every sport listed, via Red Button +

GO ONLINE

● You can watch live coverage online of every sport, every day, simply by going to **bbc.co.uk/sport** or using the BBC Sport app. All coverage is in HD

Live – every sport, every day

bbc.co.uk/sport

ARCHERY
● **1.00pm–2.40** Men's team event: last-16 matches
● **6.00pm–9.45** Men's team event: quarter-finals (6.00); semi-finals (7.43); bronze-medal match (8.39); final (9.07)

BASKETBALL
4.00pm–1.30am Women's preliminary rounds: ● Turkey v France (4.00); China v Canada (6.15); Brazil v Australia (9.30); Belarus v Japan (11.45)
6.15pm–4.15am Men's preliminary rounds: Australia v France (6.15); China v USA (11.00); ● Venezuela v Serbia (2.30am)

BEACH VOLLEYBALL
2.00pm–5.50 Men's and women's preliminaries
7.30pm–11.20am Men's and women's preliminaries
● **1.00am–4.50** Men's and women's preliminaries

BOXING
● **3.00pm–5.15** Men's preliminaries: light flyweight from 3.00; lightweight from 3.45; light heavyweight from 4.30; heavyweight at 5.00
● **9.00pm–11.15** Men's preliminaries: light flyweight from 9.00; lightweight from 9.45; light heavyweight from 10.30; heavyweight at 11.00

CYCLING
● **1.30pm–8.00** Men's road race

EQUESTRIAN
● **2.00pm–8.05** Eventing: individual and team dressage, day one

FENCING
1.00pm–6.15 Men's and women's epee individual: round of 64 (1.00); round of 32 (2.15); round of 16 (4.30); quarter-finals (women's 5.05; men's 5.45)
● **8.00pm–10.35** Women's epee individual: semi-finals (8.00); bronze medal bout (9.15); final (9.45)

FOOTBALL
● **7.00pm–4.00am** Women's first round: Canada v Zimbabwe (7.00); USA v France (9.00); Germany v Australia (10.00); South Africa v People's Republic of China (11.00); Colombia v New Zealand (12.00); Brazil v Sweden (2.00am)

GYMNASTICS
2.30pm–5.00 Men's artistic: qualification, subdivision 1
● **6.30pm–9.00** Men's artistic: qualification, subdivision 2
● **10.30pm–1.00am** Men's artistic: qualification, subdivision 3

HANDBALL
1.30pm–5.00 Women's preliminary matches: Norway v Brazil (1.30); Netherlands v France (3.30)
6.40pm–10.10 Women's preliminary matches: Russian Federation v Republic of Korea (6.40); Montenegro v Spain (8.40)
● **11.50pm–3.20am** Women's preliminaries: Romania v Angola (11.50); Sweden v Argentina (1.50am)

HOCKEY
● **2.00pm–7.15** Men's pool: Argentina v Netherlands (2.00); India v Ireland (3.00); Belgium v Great Britain (4.30); Australia v New Zealand (5.30)
● **9.00pm–2.15am** Women's pool: Argentina v USA (9.00); Great Britain v Australia (12.30am)
● **10.00pm–1.15am** Men's pool: Canada v Germany (10.00); Spain v Brazil (11.30)

JUDO
2.00pm–5.00 Men's -60kg and women's -48kg: preliminaries; quarter-final bouts
● **7.30pm–10.10** Men's -60kg and women's -48kg: semi-final; final bouts

ROWING
12.30pm–5.10 Heats: ● men's singles sculls (12.30); women's single sculls (1.30); men's pair (2.30); women's double sculls (3.00); men's double sculls (3.30); men's lightweight four (4.00); men's quadruple sculls (4.30); women's quadruple sculls (4.50)

RUGBY SEVENS
● **3.00pm–6.00** Women's pool matches: France v Spain (3.00); New Zealand v Kenya (3.30); Great Britain v Brazil (4.00); Canada v Japan (4.30); USA v Fiji (5.00); Australia v Colombia (5.30)
● **8.00pm–11.00** Women's pool matches: France v Kenya (8.00); New Zealand v Spain (8.30); Great Britain v Japan (9.00); Canada v Brazil (9.30); USA v Colombia (10.00); Australia v Fiji (10.30)

SHOOTING
12.30pm–3.30 Women's 10m air rifle: qualification (12.30); finals (2.30)
5.00pm–8.30 Men's 10m air pistol: qualification (5.00); finals (7.30)

SWIMMING
5.00pm–7.20 Opening heats
● **2.00am–3.55** Men's 400m individual medley final (2.00am); women's 100m butterfly semi-finals (2.14); men's 400m freestyle final (2.30); women's 400m individual medley final (2.49); men's 100m breaststroke semi-finals (3.08); women's 4x100m freestyle relay final (3.24)

TABLE TENNIS
● **1.00pm–4.45** Men's and women's singles prelims; women's singles first round
6.30pm–9.30 Men's and women's singles: first-round matches
11.00pm–2.00am Men's singles first round; women's singles second round

TENNIS
2.45pm–12 midnight First-round matches in the men's and women's singles and doubles: ● from 2.45–8.35 on Centre Court
10.45pm–3.00am First-round matches in the men's and women's singles and doubles: ● from 12 midnight on Centre Court

VOLLEYBALL
1.30pm–5.20 Women's preliminary rounds: Japan v Republic of Korea (1.30); People's Republic of China v Netherlands (3.35)
7.00pm–10.50 Women's preliminary rounds: Brazil v Cameroon (7.00); USA v Puerto Rico (9.05)
● **12.30am–4.20** Women's preliminary rounds: USA v South Korea (12.30am); Serbia v Italy (2.35)

WATER POLO
1.00pm–3.40 Men's preliminary rounds: Serbia v Hungary (1.00); USA v Croatia (2.20)
3.40pm–6.20 Men's preliminary rounds: Spain v Italy (3.40); Greece v Spain (5.00)
11.30pm–2.10am Men's preliminary rounds: France v Montenegro (11.30); Brazil v Australia (12.50am)

WEIGHTLIFTING
● **11.00pm–1.00am** Women's 48kg final

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

Swimming: Women's 400m Freestyle Final

3.01am ***BBC1***

Welsh swimmer Jazz Carlin lived with me for three months, and I know how hard she has worked to be here after missing out on 2012. Unfortunately, she has Katie Ledecky in the same event. Ledecky was the 15-year-old who beat Becky Adlington in the 800m at London 2012. She has been totally dominant since, and is a shoo-in for both the 400m and 800m. Ledecky's also going in the 200m and the relays. She's a metronome, able to cover all distances. She and Michael Phelps are the two global superstars in the pool in Rio 2016. **Sharron Davies**

Archery: Women's Team Final

9.07pm ***BBC4***

South Korea are the undisputed queens of Olympic archery. Their women's team has won all seven titles going back to the introduction of the event, which happened on home soil in Seoul for the 1988 Games. It would take a minor miracle for them to be defeated here, although only one of their trio – **Ki Bo Bae** (above) – has experience of an Olympics, having won both individual gold and team gold at London 2012, when Lord's cricket ground was the venue. In Rio the archery will take place in the Sambodromo, a downtown purpose-built parade area – prominent during Carnival – that dates from 1984 and was designed by the great Brazilian architect Oscar Niemeyer. **James Gill**

PICK OF THE ACTION

Swimming: Men's 100m Breaststroke Final *2.53am* ***BBC1***

I've never been as confident about the prospect of a British gold as I am right now with **Adam Peaty** going in the 100m breaststroke. World record-holder, half a second faster than the next best – he's the Usain Bolt of his discipline. GB has a rich heritage in breaststroke, starting with Anita Lonsbrough at the 1960 Olympics in Rome. After Anita came David Wilkie, Duncan Goodhew, Adrian Moorhouse and Nick Gillingham. But the last Olympic men's swimming gold we won was 28 years ago – long before Adam was born – when Adrian Moorhouse triumphed in the 100m breaststroke in Seoul. It's been a long wait for a British man to do it again, but in Adam Peaty I think we've found him. You can read all about him in our feature in the main magazine. **Sharron Davies**

SCIENCE OF BREASTSTROKE

Swimming is simple physics. If you want to go forward as fast as possible, where do you have to push the water? Behind you. When you see people swimming breaststroke in their local pool – head out of the water, arms and legs going all over the place – all they're doing is pushing water outwards. Most of the momentum is lost to the sides. With top-level breaststroke, on the other hand, everything is very narrow. The secret is to keep as streamlined as possible, and try to force all the water back behind you.

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MAKING WAVES Adam Peaty takes breaststroke swimming to a whole new level

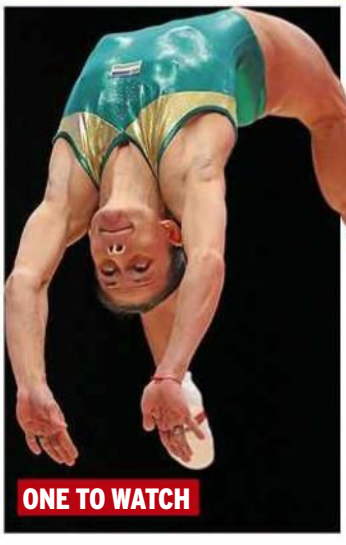
Diving: Women's 3m Synchronised

8pm ***BBC4***

Diving cuts across all kinds of barriers. It appeals if you're an avid sports fan, if you like the aesthetic, or even if you just think it looks good on television. A lot of people are amazed that the divers can do what they do in such a short space of time. It's incredibly visual and I think quite captivating, too. The tell-tale sign of a good dive is the vertical, splashless entry and, believe it or not, people coming from such great heights into the water can actually rip through it without leaving a lot of splash behind, and that's what you're looking for. Team GB's hopes in the women's 3m synchronised event rest with **Alicia Blagg** and **Rebecca Gallantree** (left), gold medallists at the 2014 Commonwealth Games. They're a combination of youth and experience – Alicia is 19; Rebecca turns 32 during the Games. **Bob Ballard**

Cycling: Women's Road Race *4.30pm* ***BBC1***

Britain's **Lizzie Armitstead** took silver at London 2012 (above), behind the great Dutch rider Marianne Vos, and I'd be very surprised if she doesn't make the podium here in Rio. She has dominated the sport this year, always with this race at the forefront of her mind. Lizzie's been out to Rio, she's checked the course, she's prepared for it and has matured as a cyclist in the process. She is now the world champion, and will certainly be the rider whom everybody else will be watching. To take that silver from 2012 – the first medal Team GB won at the Games – and turn it into gold would just be amazing. **Jill Douglas**



ONE TO WATCH

The oldest swinger

GYMNASTICS: WOMEN'S QUALIFIERS *1.40pm* ***BBC1***

Gymnast **Oksana Chusovitina** is 41 and Rio will be her seventh Games. In 1992 she competed in Barcelona as part of a post-USSR "Unified Team", going on to represent her native Uzbekistan. In 1999, she gave birth to a son, Alisher, who in 2002 was diagnosed with leukaemia. Seeking medical help in Germany, the family moved, and from 2006 to 2012 Chusovitina competed for them too. Now back competing for Uzbekistan, she aims to challenge in the vault, an event where she has nine world championship medals. She's also one of the few women to return to top-level competition after becoming a mother.

GOLDS TODAY

ARCHERY Women's Team *9.07pm* **CYCLING Women's Road Race** *4.30pm* **DIVING Women's 3m Synchronised Springboard** *7pm* **FENCING Men's Foil** *9.45pm* **JUDO Women's -52kg** *9.20pm*, **Men's -66kg** *9.20pm* **SHOOTING Women's 10m Air Pistol** *3pm*, **Women's Trap** *7pm* **SWIMMING Women's 100m Butterfly** *2.03am*, **Men's 100m Breaststroke** *2.53am*, **Women's 400m Freestyle** *3.01am*, **Men's 4x100m Freestyle** *3.54am* **WEIGHTLIFTING Men's 56kg** *12.30am* **Women's 53kg** *7.30pm*

GETTY; PA; REX

BBC1

6.00am Olympic Breakfast
Sally Nugent and Charlie Stayt present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

9.15am–1.00pm *Switch to* ***BBC2*** *for a replay of last night's action*

9.15–1.00pm *BBC1 is showing regular programmes every morning, including news at 12.45pm. See p58 of the main magazine for details.*

1.00pm–6.00 Olympics 2016

1.00pm Rowing, Fencing and Gymnastics
Coverage of the rowing at Lagoa Stadium gets day two of the Games under way, beginning with action from the repecharges in the men's and women's single sculls, men's pair, women's and men's double sculls, and men's lightweight four.

Then Britain's reigning Olympic and world champions Helen Glover and Heather Stanning are in action as they begin the defence of their title in the heats of the women's pair.

In artistic gymnastics there's the first rotation of the women's qualifying and in fencing, the men's individual foil reaches the quarter-final stage at the Carioca Arena 3. (S) (HD)

Rowing
2.10 Women's pair heats
2.40 Women's lightweight double sculls heats
3.20 Men's lightweight double sculls heats
4.00 Men's four heats
Commentary from Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.

4.30 Rugby Sevens
Great Britain's women continue their campaign as they take on Canada in a Pool C match.

Presented by John Inverdale. Eddie Butler and Sir Clive Woodward commentate. (S) (HD)

5.00–6.00 Road Cycling and Swimming
Lizzie Armitstead won Britain's first medal of the 2012 Olympics with silver in the road race in London. Four years on, the reigning world champion is aiming to go one better as the women's road race gets under way this afternoon at Fort Copacabana.

The swimming programme continues with the women's 100m backstroke heats. In the absence of Olympic champion Missy Franklin, who didn't qualify, can world champion and London 2012 silver medallist Emily Seebohm of Australia take gold this time around? Georgia Davies will be representing Great Britain in this event. She reached the semi-finals at the 2012 Olympics and took the silver medal at the 2014 Commonwealth Games.

British interest in the men's 200m freestyle comes in the form of James Guy, who took gold at the 2015 World Aquatics Championships from Olympic silver medallist Sun Yang of China. The reigning Olympic champion in this event, America's Matt Grevers, didn't qualify.

Presented by Hazel Irvine with Helen Skelton and Jill Douglas. (S) (HD)

Road Cycling
4.15 Women's road race
Swimming
5.00 Women's 100m backstroke heats
5.21 Men's 200m freestyle heats
5.59 Women's 100m breaststroke heats
Andy Jameson and Adrian Moorhouse commentate.

6.00–7.30 *Switch to* ***BBC2*** *for further Olympic swimming action, featuring the remaining heats in the women's 100m breastroke, the men's 100m breastroke heats from 6.19pm and the women's 400m freestyle heats from 6.39pm.*

6.00 BBC News Weather (S)

6.30–7.30 *BBC1 is showing Countryfile. See page 58 of the main magazine for details.*

WHAT I'LL BE WATCHING
JUSTIN WEBB

RUGBY SEVENS
"I wouldn't watch any Olympic sports, even if I lived alone on a desert Island and they were the only thing on my flat screen – save one: Rugby Sevens! Rio will see the return of this wonderful sport, which was weirdly and scandalously dropped back in 1928 but is triumphantly back. Go Fiji!"

7.30pm–10.00 Olympics 2016

7.30pm Road Cycling
Coverage of day two continues with the climax to the women's cycling road race. Presented by Clare Balding with Mark Chapman. (S) (HD)

8.00 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events. (S) (HD)

9.00–10.00 Rugby Sevens and Hockey
The women's rugby sevens quarter-finals take place at the Deodoro Stadium. Only four sides were eliminated at the group stage, so Great Britain will expect to be involved. Plus Britain's men are in action in the hockey tournament.
Hockey
9.00 Great Britain v New Zealand, men's Group A

10.00–11.15 *Switch to* ***BBC2*** *for further rugby sevens and hockey action, plus a round-up of the action so far today.*

10.00 BBC News Weather

10.30–11.15 Match of the Day *See page 56 of main magazine for details.*

11.15–4.00am Olympics 2016

11.15 Gymnastics
The final women's gymnastics qualifying session, introduced by Jason Mohammad. (S) (HD)

2.00am–4.00 Swimming
There's another packed schedule at the Olympic Aquatics Stadium, featuring four finals and four semi-finals. Britain's Adam Peaty will be hoping to add the Olympic 100m breaststroke title to a collection that already includes World, European and Commonwealth golds. Presented by Jason Mohammad with Helen Skelton. (S) (HD)
Swimming
2.03 Women's 100m butterfly final
2.11 Men's 200m freestyle semi-finals
2.29 Women's 100m breaststroke semi-finals
2.53 Men's 100m breaststroke final
3.01 Women's 400m freestyle final
3.12 Men's 100m backstroke semi-finals
3.36 Women's 100m backstroke semi-finals
3.54 Men's 4x100m freestyle final

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Table Tennis and Beach Volleyball
Round two in the singles of the men's and women's table tennis kicks off today's coverage. There's also action from the preliminaries of the beach volleyball and the first two sessions of the women's gymnastics qualifying.

Presented by Ore Oduba with Matt Baker.
Gymnastics
1.45 Women's qualifying, session one
3.30 Women's qualifying, session two
Commentary comes from Craig Heap and Christine Still, with guest Beth Tweddle. (S) (HD)

3.00 Tennis
The first round of the men's and women's singles and doubles in the tennis continues with both Andy Murray and Serena Williams hoping to add back-to-back Olympic titles to this year's Wimbledon titles. (S) (HD)

4.30 Road Cycling, Swimming and Diving
The women's road race is under way with British hopes resting with London 2012 silver medallist Lizzie Armitstead. The race started at Forte Copacabana and at this stage the riders should have passed Ipanema and Barra and be heading to Grumari Natural Park. They face a gruelling 130.3 kilometers, including tough climbs, flat sections, bone-jarring cobbles and some fantastic views over the city.

There's also continued coverage of the swimming and diving competitions. (S) (HD)

5.45 Fencing
The quarter-finals in the men's foil are taking place at the Carioca Arena 3. Will Britain's fencer Laurence Halsted, who reached the quarter-finals of 2015 World Championships, reach the same stage here – or even improve on it? (S) (HD)

6.00 Tennis and Table Tennis
While round two of the men's and women's table tennis competition reaches a conclusion, the first round of the men's and women's singles tennis continues at the Olympic Tennis Centre. (S) (HD)

7.00 Swimming, Diving and Gymnastics
The final of the women's synchronised 3m springboard competition this evening could feature the Team GB duo of Alicia Blagg and Rebecca Gallantree who came tenth in the World Championships and sixth in the Diving World Cup, held in Rio. If they have made the final they could well be up against world champions Shi Tingmao and Wu Minxia of China. Commentary from Bob Ballard and Leon Taylor.

Elsewhere, the women's qualifying sessions in the artistic gymnastics continue. (S) (HD)
Swimming
7.11 Men's 4x100m freestyle relay heats
Diving
8.00 Women's synchronised 3m springboard final

9.00 Hockey and Fencing
Ireland take on the Netherlands in the men's hockey tournament and in fencing, the men's foil reaches a climax at the Carioca Arena 3.
Hockey
10.00 Netherlands v Ireland, men's Group B

11.30–2.00am Tennis and Beach Volleyball
The evening schedule concludes with the preliminaries in the beach volleyball which, with its iconic venue on Copacabana Beach, plus the strength of the host nation challenge, promises to be one of the highlights of Rio 2016. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See page 58 of main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

LISTEN LIVE – RADIO 5 LIVE & 5 LIVE OLYMPICS EXTRA

Red button/Online DAY 2

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ARCHERY
1.00pm–2.40 Women's team event: last-16 matches
● **6.00pm–9.45** Women's team event: quarter-finals from 6.00; semi-finals from 7.43; bronze-medal play-off at 8.39; final at 9.07

BASKETBALL
4.00pm–1.30am Women's preliminary rounds: USA v Senegal (4.00); Serbia v Spain (6.15); Australia v Turkey (9.30); France v Belarus (11.45)
● **6.15pm–4.15am** Men's preliminary rounds: Brazil v Lithuania (6.15pm); Croatia v Spain (11.00pm); Nigeria v Argentina (2.30am)

BEACH VOLLEYBALL
2.00pm–5.50 Men's and women's preliminary rounds
7.30pm–11.20 Men's and women's preliminary rounds ● from 9.00
● **1.00am–4.50** Men's and women's preliminary rounds

BOXING
● **3.00pm–5.30** Men's last-32 contests: lightweight from 3.00; welterweight from 3.45; light heavyweight from 4.45
● **9.00pm–11.30** Men's last-32 contests: lightweight from 9.00; welterweight from 9.45; light heavyweight from 10.45

CANOEING
● **4.15pm–8.35** Canoe slalom: men's canoe single (C1) heats from 4.30, 6.30; men's kayak single (K1) heats from 5.20, 7.20

CYCLING
● **4.15pm–8.35** Women's road race

DIVING
8.00pm–9.15 Women's synchronised 3m springboard final

EQUESTRIAN
● **2.00pm–7.55** Eventing: individual and team dressage, day two

FENCING
1.00pm–6.15 Men's individual foil: matches in the last-64 from 1.00; the last-32 from 2.15; the last-16 from 4.30; and quarter-finals from 5.45
● **8.00pm–10.30** Men's individual foil: semi-finals from 8.00; bronze-medal play-off at 9.15; and the final at 9.45

FOOTBALL
● **5.00pm–10.00** Men's first round Group C: Fiji v Mexico (5.00); Germany v Republic of Korea (8.00)
● **7.00pm–12 midnight** Men's first round Group D: Honduras v Portugal (7.00); Argentina v Algeria (10.00)
● **10.00pm–3.00am** Men's first round: Group B: Sweden v Nigeria (10.00); Japan v Colombia (1.00am)
● **11.00pm–4.00am** Men's first round: Group A: Denmark v South Africa (11.00); Brazil v Iraq (2.00)

GYMNASTICS
● **1.45pm–5.00** Artistic: first and second sessions in the women's qualifiers, from 1.45, 3.30
6.30pm–11.00 Artistic: third and fourth sessions in the women's qualifiers, from 6.30 and 9.30
● **12.30am–2.00** Artistic: final session in the women's qualifiers

HANDBALL
1.30pm–5.00 Men's preliminary rounds: Croatia v Qatar (1.30); Sweden v Germany (3.30)
6.40pm–10.10 Men's preliminary rounds: Denmark v Argentina (6.40); Poland v Brazil (8.40)
11.50pm–3.20am Men's preliminary rounds: France v Tunisia (11.50); Slovenia v Egypt (1.50am)

HOCKEY
2.00pm–7.15 Women's pool matches: ● New Zealand v Republic of Korea (2.00); Japan v India (3.00); ● Netherlands v Spain (4.30); People's Republic of China v Germany (5.30)
9.00pm–2.15am Men's pool matches: ● Great Britain v New Zealand (9.00); Canada v Germany (10.00); Brazil v Belgium (11.30); ● Australia v Spain (12.30am)

JUDO
● **2.00pm–5.00** Men's -66kg and women's -52kg: preliminaries, quarter-final bouts
● **7.30pm–10.10** Semi-finals in the men's -66kg and women's -52kg from 7.30; bronze-medal play-offs from 8.40; finals from 9.00

ROWING
12.30pm–4.30 Heats and repechages: ● 12.30 men's single sculls; 1.00 women's single sculls; 1.30 men's pair; 1.40 women's double sculls; 1.50 men's double sculls; 2.00 men's lightweight four; 2.10 women's pair; 2.40 women's lightweight double sculls; 3.20 men's lightweight double sculls, 4.00 men's four

RUGBY SEVENS
● **3.00pm–6.00** Women's pool matches: Spain v Kenya (3.00); New Zealand v France (3.30; Brazil v Japan (4.00); Canada v Great Britain (4.30); Fiji v Colombia (5.00); Australia v USA (5.30)
● **8.00pm–9.00** Women's 9th to 12th placing: matches at 8.00, 8.30
● **9.00pm–11.00** Women's quarter-finals: matches at 9.00, 9.30, 10.00, 10.30

SHOOTING
1.00pm–4.00 Women's 10m air pistol: qualification from 1.00; finals from 3.00
1.00pm–6.00 Men's trap: qualification from 1.30
1.00pm–8.30 Women's trap: qualification from 1.00; finals from 7.00

SWIMMING
5.00pm–7.30 Second day of heats
● **2.00am–4.25** 2.03am women's 100m butterfly final; 2.11 men's 200m freestyle semis; 2.29 women's 100m breaststroke semis; 2.53 men's 100m breaststroke final; 3.01 women's 400m freestyle final; 3.12 men's 100m backstroke semis; 3.36 women's 100m backstroke semis; 3.54 men's 4x100m freestyle relay final

TABLE TENNIS
● **1.00pm–4.00** Second round: women's singles from 1.00, men's singles from 2.00
5.30pm–8.30 Second round: women's singles from 5.30; men's singles from 6.30
10.00pm–2.00am Third round: women's singles from 10.00; men's singles from 12 midnight

TENNIS
2.45pm–8.30 First round: men's and women's singles; plus men's, women's doubles
3.00pm–12 midnight First round: men's and women's singles; plus men's, women's doubles ● from 8.20 on Centre Court
● **10.45pm–3.00am** First round: men's and women's singles; plus men's, women's doubles

VOLLEYBALL
1.30pm–5.20 Men's preliminaries: Italy v France (1.30); Brazil v Mexico (3.35)
7.00pm–10.50 Men's preliminaries: Poland v Egypt (7.00); USA v Canada (9.05)
● **12.30am–4.20** Men's preliminaries: Russian Federation v Cuba (12.30am); Argentina v Islamic Republic of Iran (2.35)

WEIGHTLIFTING
2.00pm–4.00 Men's 56kg group B
4.30pm–9.30 Women's 53kg: group B from 4.30; group A from 7.30 ● from 8.15
● **11.00pm–1.00am** Men's 56kg group A

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

PICK OF THE ACTION

Diving: Men's 10m Synchronised Platform

7pm ***BBC1***

Tom Daley and his partner **Dan Goodfellow** will be hoping to give the Chinese divers a run for their money in the 10m synchronised. Diving is pretty much a national sport in China, so they tend to dominate the medals. To be the crème de la crème in China you have to be exceptional and their huge talent pool gives them an advantage over everyone else. Watching the synchro, you have to suspend disbelief – the athletes push it to the absolute limit. Occasionally they come unstuck – and that's another little bit of excitement for viewers. **Bob Ballard**

TUMBLE DOWN
Dan Goodfellow (left) and Tom Daley

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Rugby Sevens: Women's Final

10.30pm ***BBC1***

All Blacks star Sonny Bill Williams will be prominent at these Games (it's the first time rugby sevens has featured since 1924), but today he's set to be upstaged by... his sister. At 28, **Niall Williams** (below) is three years younger than Sonny Bill and says she hates it when people introduce him as "Niall Williams's brother". A mother of two, Niall has pace as well as strength, and cites her big brother as her sporting hero. He says he was "happy when I got the phone call, but the biggest cheer in my household was when my sister made it". **James Gill**

Swimming: Men's 200m Freestyle Final

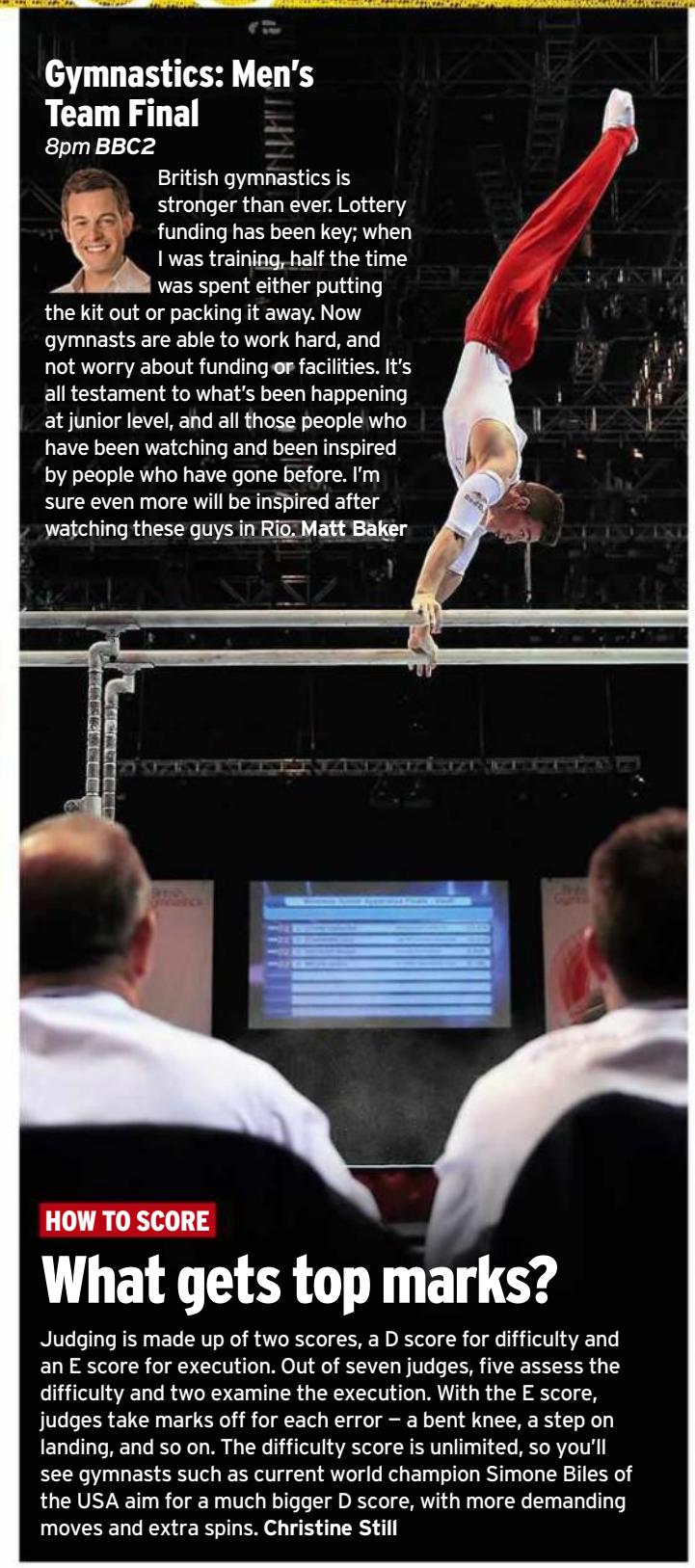
2.21am ***BBC1***

Britain's James Guy is a world champion from 2015 in the 200m freestyle and if he's level with 50m to go, he'll have a great chance. Controversy surrounds the event. One of Guy's rivals is China's Sun Yang, the 6ft 8in world record-holder. He served a retrospective ban for doping; we didn't even know he'd tested positive until he came back from his ban. Then there's the reigning Olympic champion Park Tae-hwan from South Korea, who's also been done for drugs. Those guys will say they've served their time, and they have a right to be there. But me – I'm rooting for Guy. **Steve Parry**

Gymnastics: Men's Team Final

8pm ***BBC2***

British gymnastics is stronger than ever. Lottery funding has been key; when I was training, half the time was spent either putting the kit out or packing it away. Now gymnasts are able to work hard, and not worry about funding or facilities. It's all testament to what's been happening at junior level, and all those people who have been watching and been inspired by people who have gone before. I'm sure even more will be inspired after watching these guys in Rio. **Matt Baker**



HOW TO SCORE

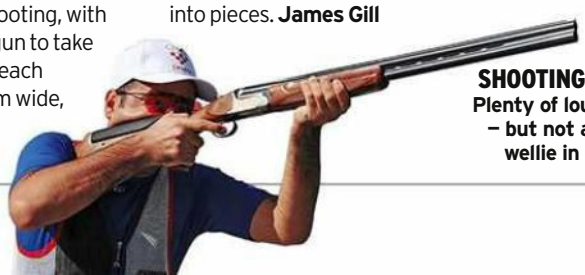
What gets top marks?

Judging is made up of two scores, a D score for difficulty and an E score for execution. Out of seven judges, five assess the difficulty and two examine the execution. With the E score, judges take marks off for each error – a bent knee, a step on landing, and so on. The difficulty score is unlimited, so you'll see gymnasts such as current world champion Simone Biles of the USA aim for a much bigger D score, with more demanding moves and extra spins. **Christine Still**

WHY WATCH IT...

Shooting: Men's Trap Final *7pm* ***BBC4***

To the uninitiated, Olympic shooting can feel like a barrage of jargon and confusing rules. But trap shooting is essentially clay pigeon shooting, with competitors using a shotgun to take out flying targets mid-air. The clays can reach speeds of almost 90kph, and are just 11cm wide, making trap shooting a world away from the close control of static targets. Modern clay targets also contain a coloured powder to make a hit more visible. For first-timers, there's nothing more satisfying than seeing targets burst into pieces. **James Gill**



SHOOTING STARS Plenty of loud bangs – but not a green wellie in sight

UNSUNG HEROES

HANDBALL: WOMEN'S PRELIMINARIES *1.30pm* ***BBC4***

From the Murrays to the Brownlees to a set of Estonian triplets in the women's marathon, Rio isn't short of siblings. But you might do a double take while watching the handball today. French identical twins **Charlotte** and **Julie Bonaventura** are referees for one of the fastest team sports.

SOMETHING NEW

MEN'S and WOMEN'S WINDSURFING *5pm* ***Red Button+/online***

One of the Games's most dynamic sports was almost dropped by mistake in 2012. Organisers announced they were introducing "kitesurfing", before quickly backtracking. Apparently the distinction was lost in translation. To be clear, windsurfing uses a sail attached to a surfboard. Kitesurfing – not an Olympic sport – uses, well, a kite.

GOLDS TODAY

DIVING Men's 10m Synchronised Platform *7pm* **FENCING** Women's Sabre *9.45pm* **GYMNASTICS** Men's Team *8pm* **JUDO** Women's -57kg *9.20pm*, Men's -73kg *9.20pm* **RUGBY SEVENS** Women's *11pm* **SHOOTING** Men's 10m Air Rifle *4pm*, Men's Trap *7pm* **SWIMMING** Men's 200m Freestyle *2.21am*, Women's 100m Backstroke *2.30am*, Men's 100m Backstroke *2.38am*, Women's 100m Breaststroke *2.54am* **WEIGHTLIFTING** Women's 58kg *7.30pm*, Men's 62kg *11pm*

ALAMY; GETTY; REX

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Naga Munchetty present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

9.15am-1.45pm *Switch to* ***BBC2*** *for a replay of last night's action, followed by a preview and then beach volleyball, handball and volleyball.*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See page 68 of the main magazine for details.*

1.45pm–6.00 Olympics 2016

1.45 Rowing and Equestrian
The rowing continues at the Lagoa Stadium, and there are updates from the National Equestrian Centre, where the individual eventing cross-country discipline is taking place. Hazel Irvine and John Inverdale present. (S) (HD)
Rowing
2.30 Women's eights heats
2.50 Men's eights heats

3.30 Tennis and Beach Volleyball
Second-round matches are being served up at the Olympic Tennis Centre. World number two Andy Murray will be many people's favourite to claim gold again. Last time, at London 2012, he defeated Roger Federer in the final.
Plus the preliminary fixtures at the Beach Volleyball Arena take place. (S) (HD)

5.00–6.00 Swimming
Attention turns to the latest swimming heats at the Olympic Aquatics Stadium. Britain's Siobhan-Marie O'Connor, who won silver in the 200m freestyle at the 2014 Commonwealth Games, will be in action this afternoon.
Helen Skelton presents, while Andy Jameson and Adrian Moorhouse provide the commentary. Sharron Davies, Rebecca Adlington and Mark Foster give their expert opinion. (S) (HD)
Swimming
5.02 Women's 200m freestyle heats
5.29 Men's 200m butterfly heats
5.56 Women's 200m individual medley heats

6.00–7.00 *Switch to* ***BBC2*** *for further coverage of the swimming heats and updates on the individual eventing cross-country competition.*

6.00 BBC News Weather

7.00–10.00 Olympics 2016

7.00 Diving
Coverage of the men's 10m synchronised platform final. Earlier this year, Britain's Tom Daley and Daniel Goodfellow won silver at the European Championships, while China's Chen Aisen and Lin Yue are current world champions.
Presented by Clare Balding. (S) (HD)

7.30 Olympics Round-up
Clare Balding presents the best of the day's action and looks ahead to tonight's events, which include four swimming finals. (S) (HD)

8.00–8.30 *Switch to* ***BBC2*** *for the start of the men's artistic gymnastics team final.*

8.00–8.30 EastEnders
See page 66 of main magazine for details.

8.30–10.00 Gymnastics
Continued coverage of the men's artistic gymnastics team final. China are the Olympic and 2014 world champions. Britain, meanwhile – with a squad comprising Sam Oldham, Daniel Purvis, Louis Smith, Kristian Thomas and Max Whitlock – were bronze medallists in 2012 and came second at last year's World Championships. Hopes are high that they will excel here.
Commentary comes from Craig Heap and Christine Still, with guest Beth Tweddle. (S) (HD)

WHAT I'LL BE WATCHING
ELLEN DEGENERES

SWIMMING
"I love the Olympics, I can't wait for them to begin. I watch all of the sports but the swimming will be great. Although, I'm always fascinated by the people who run around with the ribbons (rhythmic gymnastics) – I wish I could do that! Actually, I'm pretty sure I could do that..."

10.00–10.45 *Switch to* ***BBC2*** *for the climax of the men's artistic gymnastics team final.*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Rugby Sevens
Coverage of the bronze medal match and the final of the women's rugby sevens at the Deodoro Stadium in Rio, as the inaugural champions are crowned. The 15-a-side version of the sport last featured in the Olympic Games in 1924, but this is the first outing for the sevens version.
Presented by John Inverdale. (S) (HD)
11.00 Women's gold medal match
Eddie Butler and Sir Clive Woodward commentate.

11.30 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

12 midnight–4.00am Weightlifting and Swimming
The concluding live coverage on day three in Rio, beginning with the men's 62kg weightlifting final at Pavilion 2 of the Riocentre.
The focus then switches to the Olympics Aquatics Stadium for four finals and three semi-finals in the swimming.
In the men's 200m freestyle, Britain's James Guy is the current world champion and among the leading contenders. Meanwhile, in the women's 100m backstroke, Britain's Georgia Davies stands a good chance of reaching the final, having won silver at the last Commonwealth Games.
Presented by Jason Mohammad. Commentary comes from Andy Jameson and Adrian Moorhouse, with reports from Sharron Davies. (S) (HD)
Swimming
2.03 Women's 200m freestyle semi-finals
2.21 Men's 200m freestyle final
2.30 Women's 100m backstroke final
2.38 Men's 100m backstroke final
2.54 Women's 100m breaststroke final
3.10 Men's 200m butterfly semi-finals
3.36 Women's 200m individual medley semi-finals

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Beach Volleyball, Handball and Volleyball
Preliminary round action from Copacabana Beach, Future Arena and Maracanazinho. (S) (HD)

2.00 Equestrian, Shooting and Canoeing
The individual eventing continues with the cross-country discipline. Mary King was the highest-placed Brit in this event four years ago, finishing fifth overall on Imperial Cavalier in what was the rider's sixth Olympics.
There's also shooting coverage, with the men's 10m rifle qualification and final taking place.
The second day of the canoe slalom schedule gets under way at the Whitewater Stadium, with the first and second runs in the men's C2 and women's K1 disciplines, which will decide the line-up for Thursday's semi-finals. London 2012 silver medallists David Florence and Richard Hounslow will be hoping for a comfortable passage through the men's heats.
Introduced by Ore Oduba. (S) (HD)
Shooting
4.00 Men's 10m rifle final
Canoeing
4.30 Men's slalom heats
Commentary comes from Patrick Winterton and Helen Reeves.

6.30 Rugby Sevens, Equestrian and Shooting
Dan Walker introduces further live coverage from day three in Rio. Pre-tournament medal contenders Great Britain will hope to be in action in the semi-finals of the women's rugby sevens.
In the shooting, Britain's Ed Ling will be one to watch in the trap final, having won silver at the 2014 World Championships.
Plus there's an eventing update as the cross-country discipline concludes. (S) (HD)
Rugby Sevens
6.30 Women's semi-final
Eddie Butler and Sir Clive Woodward commentate.
Shooting
7.00 Men's trap final

9.00 Judo and Weightlifting
Coverage begins with weightlifting and the concluding action in the women's 58kg final.
Then the focus switches to the Carioca Arena for the judo. In 2012, Kaori Matsumoto of Japan claimed the gold medal in the women's -57kg final, while in the men's -73kg final in London, Russia's Mansur Isaev was triumphant.
Presented by Dan Walker. (S) (HD)
Judo
9.00 Women's -57kg final
9.35 Men's -73kg final

10.00 Hockey
Dan Walker introduces coverage of the women's Group B match between Great Britain and India from the Olympic Hockey Centre, with both sides playing their second fixture in the quest to reach the quarter-finals. Britain won bronze in 2012 with a 3–1 victory over New Zealand.
Commentary comes from Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

11.30–2.00am Beach Volleyball
The Beach Volleyball Arena is the focus for the final BBC4 coverage on day three, as the preliminary fixtures continue. And what better backdrop than the iconic Copacabana Beach? USA teams have dominated this sport at Olympic level since its first inclusion in 1996, garnering a total of six gold medals. (S) (HD)

2.00–3.55am *BBC4 is showing regular programmes. See page 68 of main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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Red button/Online DAY 3

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● You can watch live coverage online of every sport, every day, simply by going to **bbc.co.uk/sport** or using the BBC Sport app. All coverage is in HD

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ARCHERY	**1.00pm–4.55** Men's and women's individual events: last-64; last-32 matches		● **7.00pm–9.40** Men's and women's individual events: last-64; last-32 matches
BASKETBALL	**4.00pm–1.30am** Women's preliminary rounds: Spain v USA (4.00); Canada v Serbia (6.15); Japan v Brazil (9.30); Senegal v China (11.45)		● **6.15pm–4.15am** Men's preliminary rounds: Serbia v Australia (6.15); USA v Venezuela (11.00); France v China (2.30am)
BEACH VOLLEYBALL	● **2.00pm–5.50** Men's and women's preliminaries	● **7.30pm–11.20** Men's and women's preliminaries	● **1.00am–4.50** Men's and women's preliminaries
BOXING	● **3.00pm–6.00** Men's preliminaries: light flyweight from 3.00; welterweight from 4.00; middleweight from 4.30; heavyweight from 5.00		● **9.00pm–12 midnight** Men's preliminaries: light flyweight from 9.00; welterweight from 10.00; middleweight from 10.30; heavyweight from 11.00
CANOEING SLALOM	**4.30pm–7.55** Men's canoe double (C2) heats at 4.30; ● women's kayak single (K1) heats at 5.10; men's canoe double (C2) heats at 6.20; women's kayak single (K1) heats at 7.00		
EQUESTRIAN EVENTING	● **2.00pm–7.00** Eventing: individual and team cross country	DIVING	**8.00pm–9.15** Men's 10m synchronised platform final
FENCING	**1.00pm–5.05** Women's sabre individual: round of 64 (from 1.00); round of 32 (from 2.00); round of 16 (from 3.35); quarter-finals (from 4.40)		● **8.00pm–10.30** Women's sabre individual: semi-finals (from 8.00); bronze medal match (9.15); final (9.45)
GYMNASTICS			**8.00pm–10.55** Men's artistic team final
HANDBALL	**1.30pm–5.00** Women's preliminaries: Republic of Korea v Sweden (1.30); France v Russian Federation (3.30)	**6.40pm–10.10** Women's preliminaries: Spain v Norway (6.40); Brazil v Romania (8.40)	● **11.50pm–3.20am** Women's preliminaries: Argentina v Netherlands (11.50); Angola v Montenegro (1.50am)
HOCKEY	● **2.00pm–3.45** Women's pool matches: Australia v USA (2.00); New Zealand v Germany (5.30);	● **3.00pm–7.15** Men's pool matches: Germany v India (3.00); Canada v Argentina (4.30)	● **9.00pm–2.15am** Women's pool matches: Netherlands v Republic of Korea (9.00); India v Great Britain (10.00); Spain v China (11.30); Australia v Japan (12.30am)
JUDO	● **2.00pm–5.00** Men's -73kg and women's -57kg: elimination bouts; quarter-finals (from 2.36, 4.38)		● **7.30pm–10.10** Men's -73kg and women's -57kg: repechage matches, semi-finals (7.46, 8.20), bronze medal matches (8.50, 9.10); finals (9.00, 9.35)
ROWING	● **12.30pm–3.10** Semi-finals: 12.30 men's singles sculls; 12.50 women's single sculls. Repechages: 1.10 women's pair; 1.20 lightweight women's double sculls; 1.40 lightweight men's double sculls; 2.00 men's quadruple skulls; 2.10 women's quadruple sculls; 2.20 men's four. Heats: 2.30 women's eight; 2.50 men's eight		
RUGBY SEVENS		● **4.30pm–7.30** Women's matches to decide placings 5-12 (from 4.30); semi-finals at 6.30, 7.00	● **9.30pm–12 midnight** Women's matches to decide placings 5-8 (from 9.30); bronze medal match at 10.30; final at 11.00
SAILING		● **5.00pm–7.40** Men's and women's windsurfing; men's laser and women's laser radial	
SHOOTING	**1.00pm–8.30** Men's 10m air rifle qualifiers from 1.00, final at 4.00; men's trap qualifiers from 1.30, final at 7.00		
SWIMMING	**5.00pm–6.25** Heats		● **2.00am–4.00** 2.03am women's 200m freestyle semis; 2.21 men's 200m freestyle final; 2.30 women's 100m backstroke final; 2.38 men's 100m backstroke final; 2.54 women's 100m breaststroke final; 3.10 men's 200m butterfly semis; 3.36 women's 200m individual medley semis
TABLE TENNIS	**2.00pm–6.00** Third round: women's singles from 2.00, men's singles from 4.00	● **8.00pm–10.00** Fourth round: women's singles from 8.00; men's singles from 9.00	● **12.30am–2.30** Fourth round: women's singles from 12.30am; men's singles from 1.30
TENNIS	● **2.45pm–8.30** Second round: men's and women's singles; plus men's, women's doubles	**3.00pm–12 midnight** Second round: men's and women's singles; plus men's, women's doubles	● **10.45pm–3.00am** Second round: men's and women's singles; plus men's, women's doubles
VOLLEYBALL	● **1.30pm–5.20** Women's preliminaries: China v Italy (1.30); Japan v Cameroon (3.35)	● **7.00pm–10.50** Women's preliminaries: USA v Netherlands (7.00); Serbia v Puerto Rico (9.05)	● **12.30am–4.20** Women's preliminaries: Russian Federation v South Korea (12.30am); Brazil v Argentina (2.35)
WATER POLO	**1.00pm–3.40** Men's preliminaries: Serbia v Greece (1.00); Italy v France (2.20)	**3.40pm–6.20** Men's preliminary rounds: USA v Spain (3.40); Hungary v Australia (5.00)	**11.30pm–2.10am** Men's preliminary rounds: Japan v Brazil (11.30); Croatia v Montenegro (12.50am)
WEIGHTLIFTING	**2.00pm–4.00** Men's 62kg Group B	**4.30pm–9.10** Women's 58kg: Group B from 4.30; Group A from 7.30	● **11.00pm–1.00am** Men's 62kg Group A

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

Rowing: Men's Pair Semi-finals

1.50pm ***BBC1***

If you want an example of how to row the perfect race, keep an eye on New Zealand's Eric Murray and Hamish Bond. Matthew Pinsent and I held the world record for a decade, and these guys broke it in 2012 by a mammoth six seconds. The reason they're so quick is because they're not only super strong, they are also very light. Their weights add up to 182kg; the combined weight of me and Matthew was a little over 200kg. These guys have taken the sport to a whole new level. Britain has got every chance of a silver medal in this. Up against the mighty New Zealanders, that would be no disgrace. **James Cracknell**

Canoe Slalom: Men's C1 Final

7.10pm ***BBC1***

Canoe slalom is both dynamic and very easy to follow. Competitors try to post the fastest time on a 250m white-water course without picking up penalties for missed gates. In canoeing (the C class), athletes are strapped into the boat while kneeling down, with just one blade to paddle with. Kayakers (K class) use double-blade paddles. Britain's David Florence was the 2015 world champion and he's the one to beat. On Rio's man-made course the waves are big, and you need to be both technically and physically strong. The combination of white water and people pushing themselves to the limit creates fantastic drama. **Helen Reeves**

Swimming: Men's 200m Butterfly Final

2.28am ***BBC1***

Since his first Olympics, in 2000, Michael Phelps has won 18 gold medals, become a father, quit the sport and returned to it, been convicted of driving under the influence, and been suspended from the US team. But he's still not done. Phelps is a story that transcends all Olympic sport. He just loves swimming, and today we're hoping to see him in the 200m butterfly, up against South Africa's Chad Le Clos – to whom he finished second at London 2012 –and Hungary's Laszlo Cseh, probably the greatest European swimmer of the past 20 years. It's a clash of continents: Africa, Europe and America. **Steve Parry**

Eventing: Team Showjumping Final

2pm ***BBC1***

How much do you think you would sacrifice to be an Olympian? We could all see ourselves recovering from a torn muscle here, a broken bone there, but a serious head injury? That takes an Olympic level of commitment. GB rider and four-time Olympian **William Fox-Pitt** (left) was placed in an induced coma in October after falling from his horse. Even after he left hospital he continued to have trouble with his vision; he wasn't able to drive for six months, let alone prepare for the "equestrian triathlon" that is three-day eventing – a combination of dressage, show jumping and cross country. "I couldn't pick up a child, I couldn't walk up the stairs, I couldn't even walk to the stables," says Fox-Pitt. Now he's heading to Rio at a gallop. **James Gill**

IT'S SPRING TIME...

And here's how you do it...

VAULT
Gymnasts run at a springboard and leap onto the vault before performing twists, flips and landing cleanly.

UNEVEN BARS
Twists and flips on horizontal bars at different heights while leaping from one to the other.

BALANCE BEAM
Athletes spin, cartwheel, jump and turn on a balance beam barely four inches wide.

FLOOR
The blue riband event – a choreographed routine set to music of the gymnast's choice.

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PICK OF THE ACTION

Gymnastics: Women's Team Finals

8pm ***BBC1***

Team GB's women just go from strength to strength. They won bronze at last October's World Championships in Glasgow, then silver at June's European Championships in Bern. At the heart of the team are **Rebecca Downie**, 24 (right), and her younger sister Ellie, 17. Along with Claudia Fragapane, who came to prominence at the 2014 Commonwealth Games, they're certainly in contention for a medal in the team events. But it's the US who are favourites to win gold. They're in another league in terms of power on both the floor and the vault, throwing in an extra twist or somersault on every occasion. World champion Simone Biles is an absolute powerhouse, her style so different to that of the more artistic Chinese gymnasts. **Craig Heap**

READY FOR THE JUMP
Rebecca Downie is one of the key gymnasts for Team GB

ONE TO WATCH

MEN'S BASKETBALL: BRAZIL v SPAIN
6.15pm ***BBC4***

This sport could well bring a medal for the hosts, thanks in part to work done by the NBA – the US national basketball league – in establishing a programme in Rio's favelas. Home stars include Utah Jazz's Raulzinho and Washington Wizards' **Nenê** (above in green), in a contest that brings together 12 nations, initially in two groups of six. Team USA look weaker than usual, but the 14-time Olympic champions will still take some beating.

STAY UP FOR...

WOMEN'S FOOTBALL: SOUTH AFRICA V BRAZIL
1am ***Red Button+/ online***

When Brazilians compare footballers to Pelé, you know they're serious. Star playmaker **Marta**, the "female Pelé", has been world player of the year five years in a row.

GOLDS TODAY

CANOE SLALOM Men's C1 *5.30pm* **DIVING Women's 10m Synchro** *7pm* **EVENTING Team Showjumping** *2pm,* **Individual Showjumping** *6pm* **FENCING Men's Épée** *9.45pm* **GYMNASTICS Women's Team Finals** *8pm* **JUDO Women's -63kg** *9.20pm,* **Men's -81kg** *9.20pm* **SHOOTING Women's 25m Pistol** *7.30pm* **SWIMMING Women's 200m Freestyle** *2.19am,* **Men's 200m Butterfly** *2.28am,* **Women's 200m IM** *3.29am,* **Men's 4x200m Freestyle** *3.38am* **WEIGHTLIFTING Women's 63kg** *7.30pm* **Men's 69kg** *11pm*

GETTY; VECTOR OPEN STOCK

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Naga Munchetty present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

*9.15am–1.45pm Switch to **BBC2** for highlights of last night's action, plus live coverage of the rowing single sculls quarter-finals from 1pm*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See page 78 of main magazine for details.*

1.45pm–6.00 Olympics 2016

1.45pm Rowing, Equestrian, Rugby Sevens, Swimming and Canoeing
The three-day eventing competition reaches its climax, with Britain hoping to improve on the silver they won in London – although to do so they will need to overcome defending champions Germany.

In the pool, Britain's Aimee Willmott is one to watch in the 200m butterfly heats, having picked up a silver medal in the Commonwealth Games.

Team GB are also in action in the men's rugby sevens, where they kick off their campaign against Kenya in Pool C.

Meanwhile, in the canoe slalom C1 semi-finals, 2015 world champion David Florence will be flying the flag for Great Britain, hoping to redeem himself after a disappointing tenth-place finish four years ago, and with GB strong at rowing, today's semi-final action at the Lagoa Stadium could be well worth watching. Introduced by Hazel Irvine, with John Inverdale, Lee McKenzie, Helen Skelton, Patrick Winterton and Helen Reeves. (S) (HD)

Rowing
1.50 Men's pair semi-finals
2.10 Women's double sculls semi-finals
With commentary by Garry Herbert and James Cracknell, with Sir Steve Redgrave.

Equestrian
2.00 Eventing team showjumping final.
Featuring commentary by Michael Tucker, Ian Stark and Andy Austin.

Rugby Sevens
3.00 Men's pool matches, including at
4.00 Great Britain v Kenya, Pool C
Eddie Butler and Sir Clive Woodward commentate.

Swimming
5.00 Men's 100m freestyle heats
5.28 Women's 200m butterfly heats
5.50 Men's 200m breaststroke heats
Commentary comes from Andy Jameson and Adrian Moorhouse, with guest experts Rebecca Adlington and Mark Foster.

Canoeing
5.30 Men's C1 slalom semi-finals

*6.00–7.00 Switch to **BBC2** for coverage of the individual showjumping final, with Hazel Irvine*

6.00pm BBC News Weather (S)

7.00–7.30 Olympics 2016

7.00 Olympics Round-up
Clare Balding presents a round-up of the best of the day's action so far. (S) (HD)

*7.30–8.00 Switch to **BBC2** for coverage of the men's canoe slalom finals*

7.30–8.00 EastEnders
See page 78 of main magazine for details.

8.00–10.00 Olympics 2016

8.00 Gymnastics
The women's team competition reaches its climax this evening, as the top eight nations compete on the floor, beam, vault and uneven bars.

Great Britain finished sixth in this event in London four years ago and will have strong hopes of a medal here after winning bronze at the 2015 World Championships and silver at this year's European Championships. But they face tough competition from defending Olympic and world champions the USA. Clare Balding and Matt Baker present, with commentary by Craig Heap and Christine Still, and analysis from Beth Tweddle. (S) (HD)

*10.00–10.45 Switch to **BBC2** for the men's hockey pool match between Great Britain and Brazil, and men's rugby sevens pool matches*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Olympics Round-up
With Mark Chapman and Clare Balding. (S) (HD)

12 midnight Weightlifting
Medals are set to be decided in the men's 69kg final, staged at the Riocentro. Presented by Jason Mohammad. (S) (HD)

2.00–4.00am Swimming
Great Britain are the reigning world champions in the men's 4x200m freestyle relay and they will look to claim the Olympic title in tonight's final. Expect a fierce battle as the USA fight to retain their Olympic crown. There are also medals up for grabs in the women's 200m medley, with Team GB's Siobhan-Marie O'Connor aiming to add to her world bronze and Commonwealth gold.

Also on tonight's schedule, Britain's Aimee Willmott will be hoping to make her mark in the 200m butterfly semi-finals, while fellow Team GB swimmers Andrew Willis and Craig Benson are in action in the 200m breaststroke semis. Presented by Jason Mohammad with Helen Skelton. (S) (HD)
2.00 Men's 100m freestyle semi-finals
2.19 Women's 200m freestyle final
2.28 Men's 200m butterfly final
2.37 Women's 200m butterfly semi-finals
3.03 Men's 200m breaststroke semi-finals
3.29 Women's 200m individual medley final
3.38 Men's 4x200m freestyle relay final
With commentary by Andy Jameson and Adrian Moorhouse, with guests Rebecca Adlington and Mark Foster, and reporting by Sharron Davies.

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

WHAT I'LL BE WATCHING
KATE HUMBLE

SHOWJUMPING
"I grew up riding horses, but was never good enough (or well-groomed enough!) for serious competition. I love all equestrian events, the partnership between horse and rider is just magical to watch. Showjumping is a huge test of both and thrilling to watch, whether you know anything about horses or not."

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Water Polo, Volleyball and Archery
The women's water polo competition gets under way with the preliminary rounds.

There are also preliminary matches in both the men's and women's volleyball, along with coverage of the men's and women's individual archery competitions. Presented by Ore Oduba. (S) (HD)

2.30 Rowing
A trio of semi-finals this afternoon, as the fields narrow in the doubles and lightweight four competitions. Presented by Ore Oduba. (S) (HD)
2.30 Men's double sculls semi-finals
2.50 Men's lightweight four semi-finals
Commentary from Garry Herbert and James Cracknell, with Sir Steve Redgrave.

4.30 Hockey
Ireland v Germany, men's Pool B. (S) (HD)
With commentary by Matt Chilton, Simon Mason and Mel Clewlow.

5.30 Canoeing and Swimming
Team GB's David Florence is tipped to perform well in the men's C1 canoe slalom semi-finals – he'll be aiming for the final, which is at 7.10pm.

In the pool, Team GB has plenty of interest in the men's 200m breaststroke heats: Commonwealth Games medal trio Ross Murdoch, Michael Jamieson and Andrew Willis have high hopes here. In the men's 4x200m freestyle heats, all eyes will be on world champions Great Britain and Olympic gold medallists the USA. The final is at 3.38am on BBC1. Ore Oduba presents, with Patrick Winterton, Helen Reeves and Helen Skelton. (S) (HD)

Swimming
5.50 Men's 200m breaststroke heats
6.17 Men's 4x200m freestyle relay heats
With commentary by Andy Jameson and Adrian Moorhouse, with guests Rebecca Adlington and Mark Foster and reporting by Sharron Davies.

7.00 Canoeing
Britain's two-time Olympic medallist David Florence will hope to make his mark in the C1 slalom final after finishing well out of the medals four years ago. Dan Walker presents, with Patrick Winterton and Helen Reeves. (S) (HD)

8.00 Diving and Rugby Sevens
New Great Britain diving pair Tonia Couch and Lois Toulson have struck up an instant rapport, consistently finishing in the top three in World Series events, and could be among the medal contenders in the women's 10m synchro final.

On the pitch, the Great Britain men's rugby team are in action against Japan in Pool C. Presented by Dan Walker with John Inverdale. (S) (HD)

Diving
8.00 Women's 10m synchro final
Commentary by Bob Ballard and Leon Taylor.

Rugby Sevens
9.00 Great Britain v Japan, men's Pool C
Eddie Butler and Sir Clive Woodward commentate.

9.20 Judo and Hockey
Medals are decided in the men's and women's judo, while the men's hockey pool matches continue. Presented by Dan Walker. (S) (HD)

Judo
9.20 Women's -63kg final and men's -81kg final

Hockey
10.00 Great Britain v Brazil, men's Pool A. With Matt Chilton, Simon Mason and Mel Clewlow.

11.30-2.00am Handball and Volleyball
Coverage of matches in the preliminary stage. Presented by Dan Walker. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See page 78 of main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

Red button/Online DAY 4

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ARCHERY
1.00pm–4.55 Men's and women's individual events: last-64; last-32 matches
● **7.00pm–9.40** Men's and women's individual events: last-64; last-32 matches

BASKETBALL
4.15pm–11.30 Women's preliminary rounds: Australia v France (4.15); Brazil v Belarus (7.30); Turkey v Japan (9.45)
● **6.15pm–4.15am** Men's preliminary rounds: Spain v Brazil (6.15); Lithuania v Nigeria (11.00); Argentina v Croatia (2.30am)

BEACH VOLLEYBALL
● **2.00pm–5.50** Men's and women's preliminaries
● **7.30pm–11.20** Men's and women's preliminaries
● **1.00am–4.50** Men's and women's preliminaries

BOXING
● **3.00pm–5.15** Men's preliminaries: lightweight from 3.00; middleweight from 4.00; super-heavyweight at 5.00
● **9.00pm–11.15** Men's preliminaries: lightweight from 9.00; middleweight from 10.00; super-heavyweight at 11.00

CANOE – SLALOM
● **5.30pm–8.10** Men's canoe single (C1): semi-finals from 5.30; final at 7.10

DIVING
8.00pm–9.15 Women's 10m synchronised platform final

EQUESTRIAN – EVENTING
● **2.00pm–7.25** Eventing: individual and team showjumping finals

WATCH ONLINE or on the RED BUTTON

FENCING
● **1.00pm–6.15** Men's individual epee: matches in the last-64 from 1.00; last-32 from 2.15; last-16 from 4.30; quarter-finals from 5.45
● **8.00pm–10.30** Men's individual epee: semi-finals from 8.00, bronze-medal play-off at 9.15; final at 9.45

FOOTBALL
● **8.00pm–10.00** Women's first round: Germany v Canada (8.00); Australia v Zimbabwe (8.00)
● **10.00pm–1.00am** Women's first round: Columbia v USA (10.00); New Zealand v France (11.00)
● **1.00am–4.00** Women's first round: South Africa v Brazil (1.00am); People's Republic of China v Sweden (2.00am)

GYMNASTICS
8.00pm–10.15 Women's artistic: team final

HANDBALL
1.30pm–5.00 Men's preliminary rounds: Qatar v France (1.30); Germany v Poland (3.30)
6.40pm–10.10 Men's preliminary rounds: Tunisia v Denmark (6.40); Brazil v Slovenia (8.40)
● **11.50pm–3.20am** Men's preliminary rounds: Egypt v Sweden (11.50); Argentina v Croatia (1.50am)

HOCKEY
2.00pm–4.45 Men's pool matches: ● New Zealand v Spain (2.00); Argentina v India (3.00)
4.30pm–7.15 Men's pool matches: ● Germany v Ireland (4.30); Netherlands v Canada (5.30)
10.00pm–2.15am Men's pool matches: Brazil v Great Britain (10.00); ● Belgium v Australia (12.30am)

JUDO
2.00pm–5.00 Men's -81kg and women's -63kg: eliminations; quarter-finals from 2.36, 4.38
● **7.30pm–10.10** Men's -81kg and women's -63kg: repechages from 7.30; semi-finals from 7.30, 8.20; bronze medal play-offs from 8.40, 9.10; finals at 9.00, 9.35

ROWING
12.30pm–3.50 ● Men's single sculls quarter-finals at 12.30; women's single sculls quarter-finals at 1.10; men's pair semi-finals at 1.50; women's double sculls semi-finals at 2.10; men's double sculls semi-finals at 2.30; men's lightweight four semi-finals at 2.50; women's lightweight double sculls semi-finals at 3.10; men's lightweight double sculls semi-finals at 3.30

RUGBY SEVENS
● **3.00pm–6.00** Men's pool matches: Australia v France (3.00); South Africa v Spain (3.30); Great Britain v Kenya (4.00); New Zealand v Japan (4.30); USA v Argentina (5.00); Fiji v Brazil (5.30)
● **8.00pm–11.00** Men's pool matches: Australia v Spain (8.00); South Africa v France (8.30); Great Britain v Japan (9.00); New Zealand v Kenya (9.30); USA v Brazil (10.00); Fiji v Argentina (10.30)

SAILING
5.00pm–7.40 Men's and women's windsurfing; men's one-person laser; one-person finn; women's one-person laser radial

SHOOTING
1.00pm–8.45 Women's 25m pistol: qualification precision from 1.00; qualification rapid-fire from 4.00; finals from 7.30

SWIMMING
5.00pm–6.45 Heats
● **2.00am–4.10** 2.03am men's 100m freestyle semi-finals; 2.19 women's 200m freestyle final; 2.28 men's 200m butterfly final; 2.37 women's 200m butterfly semi-finals,; 3.03 men's 200m breaststroke semi-finals; 3.29 women's 200m individual medley final; 3.38 men's 4x200m freestyle relay final

TABLE TENNIS
● **2.00pm–6.00** Women's singles quarter-finals
8.00pm–10.00 Men's singles quarter-finals
12.30am–2.30 Men's singles quarter-finals

TENNIS
2.45pm–12 midnight Men's singles second round; women's singles third round; women's doubles second round, quarter-finals; men's doubles quarter-finals ● Centre Court/Court 1 coverage 2.35 to 4.00
● **10.45pm–3.00am** Men's singles second round; women's singles third round; women's doubles second round, quarter-finals; men's doubles quarter-finals

VOLLEYBALL
1.30pm–5.20 Men's preliminary matches: Russian Federation v Argentina (1.30); France v Mexico (3.35)
7.00pm–10.50 Men's preliminary matches: Italy v USA (7.00); Poland v Islamic Republic of Iran (9.05)
● **12.30am–4.20** Men's preliminary matches: Cuba v Egypt (12.30am); Brazil v Canada (2.35)

WATER POLO
1.00pm–3.40 Women's preliminary rounds: People's Republic of China v Hungary (1.00); Italy v Brazil (2.20)
3.40pm–6.20 Women's preliminary rounds: Spain v USA (3.40); Russian Federation v Australia (5.00)

WEIGHTLIFTING
2.00pm–6.00 Men's 69kg Group B from 2.00; women's 63kg from 4.30
7.30pm–9.30 Women's 63kg Group A final
● **11.00pm–1.00am** Men's 69kg Group A final

MARK HARRISON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

PICK OF THE ACTION **Rowing: Women's Pair Semi-finals** *12.30pm* ***BBC2***

In the pairs, each rower pulls one oar, one on either side of the boat. The oars are also slightly larger than those used in sculling. Get the champagne ready for this one because, barring injury or food poisoning, Britain's **Helen Glover** and **Heather Stanning** are nailed on to strike gold. It was in this event that they won Team GB's first gold medal of the 2012 Games, which was also Britain's first-ever Olympic gold in women's rowing. The semi-finals take place today, with the final scheduled for Friday. **James Cracknell**

Swimming: Women's 200m Breaststroke

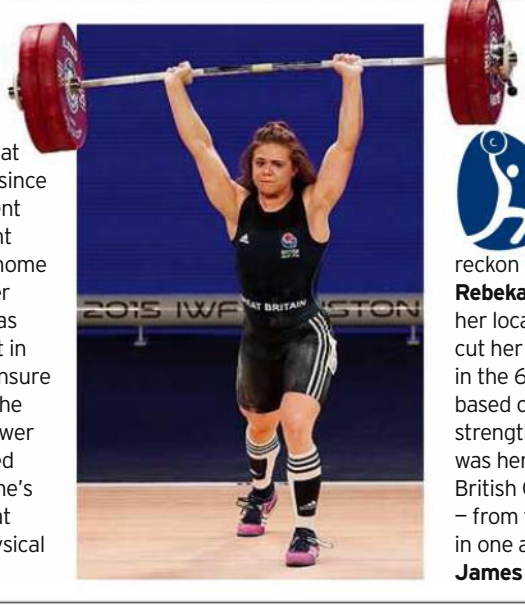
5.52pm ***BBC1***

The USA may come to Rio with the strongest team in the pool, but one star from 2012 won't be making a return. Rebecca Soni, who broke the 200m breaststroke world record on her way to winning gold, has since retired, leaving the door open for a new generation. The semi-finals today might just include Chloe Tutton, a 19-year-old from the Rhondda, who broke the British record in April and improved her personal best by a massive three seconds. **James Gill**

Rowing: Men's Four Semi-finals

1.30pm ***BBC2***

We've won gold at every Olympics since 2000 in this event and I'm confident the British boys will bring it home again. They're fitter, stronger and faster than the crew I was a member of when we won it in 2004, so they just need to ensure they produce the goods on the day. Watch out for British rower Moe Sbihi. A Muslim educated at a comprehensive school, he's not your typical rower, and at 6ft 6in he's an awesome physical specimen. **James Cracknell**



Weightlifting: Women's 69kg

7.30pm ***BBC4***

Zoe Smith, Britain's 2012 star, misses out through injury, but there's a new name to reckon with: Yorkshire's 17-year-old **Rebekah Tiler** (left). Sponsored by her local butcher after UK Sport cut her funding, Tiler competes in the 69kg category – a figure based on her weight, not her strength. Her best lift, she says, was her 102kg snatch at the British Championships in June – from floor to above her head in one amazing burst of power. **James Gill**

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H-BOMBS
Heather Stanning (left) and Helen Glover are looking to repeat their 2012 triumph

Gymnastics: Men's Individual All-around

8pm ***BBC1***

The all-around competition requires male gymnasts to master floor, pommel horse, rings, vault, parallel and horizontal bars. Max Whitlock, silver medallist at the 2014 World Championships, is Britain's hope, but the current best in the world is the man who beat him, Japan's **Kohei Uchimura** (right). He has been totally dominant for almost eight years, and it would be a very big surprise if he didn't successfully defend his Olympic title. **Christine Still**

Rugby Sevens: Men's Quarter-finals

9pm ***BBC4***

This is my 14th Olympics, and what I've always loved is seeing nations who have never previously done much win their first medal. It happened with a handful of countries at London 2012, and this year I'll be looking out for Fiji, who have never won an Olympic medal but go into the rugby sevens ranked number one in the world. Can you imagine the impact it would have if they even made it on to the podium? Such moments can change lives. **Hazel Irvine**

CYCLE SCIENCE

CYCLING: MEN'S AND WOMEN'S TIME TRIALS
12.30pm ***BBC2***

At London 2012, Chris Boardman's technical nous helped to give GB's cycling stars the edge. His "Secret Squirrel Club", named after a cartoon spy, strove to improve every aspect of bike and equipment design, and became the ultimate example of British Cycling's policy of marginal gains. Now Cambridge professor Tony Purnell, a former Formula One team principal, is taking the team to the next level. A new manager needs a new codename. Gone are our furry friends: now it's simply "Room X".

GOLDS TODAY

CANOE SLALOM Men's K1 *7.15pm* **CYCLING** Women's Time Trial *12.30pm*, Men's Time Trial *4pm* **DIVING** Men's 3m Synchronised Springboard *7pm* **FENCING** Women's Foil *12.15am*, Men's Sabre *12.45am* **GYMNASTICS** Men's All-around *8pm* **JUDO** Women's -70kg *9.20pm*, Men's -90kg *9.20pm* **ROWING** Men's Quadruple Sculls *2.10pm*, Women's Quadruple Sculls *2.30pm* **SHOOTING** Men's 50m pistol *12 noon* Men's Double Trap *7.30pm* **SWIMMING** Men's 200m Breaststroke *2.03am*, Women's 200m Butterfly *2.54am*, Men's 100m Freestyle *3.03am*, Women's 4x200m Freestyle *3.55am* **TABLE TENNIS** Women's Singles *1.30am* **WEIGHTLIFTING** Women's 69kg *7.30pm*, Men's 77kg *11pm*

GETTY

BBC1

6.00am Olympic Breakfast
Stephanie McGovern and Naga Munchetty present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

*9.15am–1.45pm Switch to **BBC2** for replays of last night's action, followed at 12.15pm by live coverage of road cycling and rowing*

9.15–1.45pm *BBC1 is showing regular programmes every morning, including News at 1pm. See page 88 of main magazine for details*

1.45pm–6.00 Olympics 2016

1.45pm Road Cycling and Rowing
Chris Froome – so dominant in last month's Tour de France – will be going for gold in the individual time trial, on another hilly course that's likely to suit him. He will be keen to improve upon the bronze he picked up in London four years ago. Among the other British competitors to watch out for is Alex Dowsett, while Germany's Tony Martin, who finished second to Bradley Wiggins in London, will surely be among those pushing hard for a medal.

On a busy day for rowing there are men's and women's quadruple sculls finals to look forward to. Germany's men won gold in 2012, with GB's crew finishing fifth, while Ukraine are the defending champions in the women's event.

Presented by Hazel Irvine, with Clare Balding, Jill Douglas and John Inverdale. (S) (HD)

Road Cycling
2.00 Men's individual time trial
Featuring commentary by Simon Brotherton and Chris Boardman.
Rowing
2.20 Men's quadruple sculls final
2.34 Women's quadruple sculls final
Garry Herbert and James Cracknell commentate.

4.30 Rugby Sevens
The final pool matches take place on day two of the three-day men's competition. Fancied for a medal, Team GB's game against New Zealand should offer a clue as to whether such hopes are well founded. Presented by Hazel Irvine, with John Inverdale. (S) (HD)
4.30 New Zealand v Great Britain, men's Pool C

5.00–6.00 Swimming
Expect sibling rivalry in the pool as the Australian Campbell sisters begin their campaign. While Bronte is world champion in the 100m freestyle, her older sister Cate is the world record holder over the same distance. Presented by Hazel Irvine, with Helen Skelton and Sharron Davies. (S) (HD)
5.02 Women's 100m freestyle heats
5.25 Men's 200m backstroke heats
5.52 Women's 200m breaststroke heats
With commentary by Adam Jameson and Adrian Moorhouse.

*6.00–7.00 Switch to **BBC2** for more swimming, including the men's 200m individual medley heats*

6.00 BBC News Weather

7.00–10.00 Olympics 2016

7.00 Diving and Gymnastics
There are updates from the men's synchronised 3m springboard final, where British hopes rest on Jack Laugher and Chris Mears.

Attention then turns to the Olympic Arena, where Japan's Kohei Uchimura will be defending the Olympic all-around gymnastics title he won in London. Hoping to challenge his dominance is Great Britain's Matt Whitlock, who won World Championship silver in 2014, finishing second to Uchimura. Presented by Clare Balding, with Matt Baker, Helen Skelton and Sharron Davies. (S) (HD)
Gymnastics
8.00 Men's individual all-around final
Commentary by Craig Heap and Christine Still.

WHAT I'LL BE WATCHING
LIZ BONNIN

FLOOR GYMNASTICS
"I'm always blown away by the gymnastics, especially the floor routines. It's a bit like the diving – the incredible skill and courage it takes to twist and somersault the body in mid-air like that. I was terrible at that sort of stuff at school – I couldn't even do a handstand!"

*10.00–10.45 Switch to **BBC2** for continuing coverage of the gymnastics*

10.00 BBC News Weather

10.45pm–4.00am Olympics 2016

10.45 Olympics Round-up
With Clare Balding and Mark Chapman. (S) (HD)

11.00 Rugby Sevens
Highlights from the quarter-finals, for which eight of the original 12 teams will have qualified. Presented by Clare Balding with John Inverdale, featuring commentary by Eddie Butler and Sir Clive Woodward. (S) (HD)

12.30am Hockey
Great Britain's men finished second to Australia in their group at the 2012 Olympics, and the two teams reprise their rivalry in this Group A fixture. Four years ago, GB came from 3–0 down to draw 3–3 in the group game, only to lose 3–1 six days later in the bronze-medal match.

Motivation should not be a problem for Team GB, captained this year by Barry Middleton, who is making his fourth appearance in a summer Olympics. Presented by Jason Mohammad, with commentary by Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

2.00–4.00 Swimming
Daniel Gyurta of Hungary will be hoping to defend his Olympic title in the 200m breaststroke. World record holder Cate Campbell will likely be the one to beat in the 100m freestyle semi-finals. In the men's 100m freestyle final, USA's Olympic champion Nathan Adrian can expect to be pushed by the likes of world champion Ning Zetao of China. Jason Mohammad presents, with Helen Skelton and Sharron Davies. (S) (HD)
Swimming
2.03 Men's 200m breaststroke final
2.12 Women's 100m freestyle semi-finals
2.28 Men's 200m backstroke semi-finals
2.54 Women's 200m butterfly final
3.03 Men's 100m freestyle final
3.11 Women's 200m breaststroke semi-finals
3.29 Men's 200m individual medley semi-finals
3.55 Women's 4x200m relay final

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Water Polo, Handball and Beach Volleyball
There's a visit to the Maria Lenk Aquatics Centre today for the water polo as the men's preliminary round continues. This afternoon's games are Australia v Japan and Greece v Hungary.

Also continuing today are women's preliminaries in the handball, where Brazil play Spain.

There's also action from Copacabana Beach, where preliminary matches are played in the men's and women's beach volleyball competitions. Presented by Ore Oduba. (S) (HD)
Water Polo
1.00 Australia v Japan, men's Group A
2.20 Greece v Hungary, men's Group A
Handball
1.30 Brazil v Spain, women's Group A

3.00 Rugby Sevens and Hockey
Featuring action from the final pool games in the men's rugby sevens competition (New Zealand v Great Britain is on BBC1 at 4.30pm). The quarter-finals begin at 9pm.

In the hockey, Great Britain's women, who secured bronze in the London Olympics of 2012, play their third game of the group stages against Argentina, the team that beat them 2-1 in the semi-finals four years ago. Las Leonas have won two bronze and two silver medals in the last four Games, so victory for GB would be a huge boost. Ore Oduba presents, with John Inverdale. (S) (HD)
Rugby Sevens
3.00 France v Spain, men's Pool B
3.30 South Africa v Australia, men's Pool B
4.00 Kenya v Japan, men's Pool C
5.00 Argentina v Brazil, men's Pool A
5.30 Fiji v USA, men's Pool A
Hockey
5.30 Great Britain v Argentina, women's Group B

6.00 Swimming, Shooting and Weightlifting
The action continues at the Aquatics Stadium, where USA, the current World and Olympic champions, begin the defence of their title in the women's 4x200m freestyle heats.

There will, however, be no defence by Peter Wilson of the double trap shooting gold he won – as the youngest competitor in the event – at the 2012 London Olympics. The 29-year-old announced his retirement from the sport in 2014 while in possession of both the Olympic title and the world record, which he still holds.

Other Brits likely to be in action include 17-year-old weightlifter Rebekah Tiler, who finished fourth in the 2014 Commonwealth Games. (S) (HD)
Swimming
6.36 Women's 4x200m freestyle heats
Shooting
7.00 Men's double trap final
Weightlifting
7.30 Women's -69kg final

9.00–2.00am Rugby Sevens, Judo and Table Tennis
The men's rugby sevens reaches the last eight, while medals are decided in the women's singles table tennis, and the men's -90kg and women's -70kg judo competitions. Dan Walker presents.
Rugby Sevens
9.00 Men's quarter-final matches
Judo
9.00 Women's -70kg final
9.35 Men's -90kg final
Table Tennis
12.30am Women's singles bronze medal match
1.30 Women's singles final

2.00–4.00am *BBC4 is showing regular programmes. See page 88 of main magazine*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

Red button/Online DAY 5

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ARCHERY

1.00pm–4.55 Individual events: men's and women's last-64, last-32

● **7.00pm–10.55** Individual events: men's and women's last-64, last-32

BASKETBALL

4.15pm–8.00 Preliminary rounds: women's China v Spain (4.15); ● men's Serbia v France (6.15)

7.30pm–11.30 Women's preliminary rounds: USA v Serbia (7.30); Senegal v Canada (9.45)

● **11.00pm–4.15am** Men's preliminary rounds: Australia v USA (11.00); Venezuela v China (2.30am)

BEACH VOLLEYBALL

● **2.00pm–5.50** Men's and women's preliminaries

7.30pm–11.20 Men's and women's preliminaries

● **1.00am–4.50** Men's and women's preliminaries

BOXING

● **3.00pm–6.00** Men's: light fly quarterfinals from 3.00; bantam round of 32 from 3.30; light welter round of 32 from 4.15; light heavy round of 16 from 5.00; heavy quarterfinals from 5.30

● **9.00pm–12 midnight** Men's: light fly quarterfinals from 9.00; bantam round of 32 from 9.30; light welter round of 32 from 10.15; light heavy round of 16 from 11.00; heavy quarterfinals from 11.30

CANOE – SLALOM

● **5.30pm–8.15** Slalom: men's kayak (K1) semi-finals from 5.30; final at 7.15

CYCLING – ROAD

12.30pm–5.20 Individual time trials: women's from 12.30; men's from 2.00

EQUESTRIAN – DRESSAGE

● **2.00pm–8.00** Dressage: Team Grand Prix, day one

DIVING

8.00pm–9.15 Men's synchronised 3m springboard final

FENCING

● **12.30pm–8.00** Women's individual foil: 12.30pm round of 64; 1.10 round of 32; 3.00 round of 16; 4.00 quarters. Men's individual sabre: 4.45 round of 64; 5.15 round of 32; 6.45 round of 16; 7.40 quarter-finals

● **9.30pm–1.35am** Women's individual foil: 9.30pm semi-finals; 11.30 bronze-medal play-off; 12.15am final. Men's Individual sabre: 10.30 semi-finals; 11.50 bronze-medal play-off; 12.45am final

FOOTBALL

● **5.00pm–7.00** Men's Group D, first round: Algeria v Portugal; Argentina v Honduras

● **8.00pm–10.00** Men's Group C, first round: Germany v Fiji; Republic of Korea v Mexico

● **11.00pm–1.00am** Men's Group B, first round: Japan v Sweden; Columbia v Nigeria

● **2.00am–4.00** Men's Group A, first round: Denmark v Brazil; South Africa v Iraq

GYMNASTICS

8.00pm–10.45 Men's artistic: individual all-around final

HANDBALL

1.30pm–5.00 Women's preliminary rounds: Brazil v Spain (1.30); Romania v Montenegro (3.30)

6.40pm–10.10 Women's preliminary rounds: Russia Federation v Sweden (6.40); ● Norway v Angola (8.40)

11.50pm–3.20am Women's preliminary rounds: Netherlands v Republic of Korea (11.50); France v Argentina (1.50am)

HOCKEY

● **2.00pm–4.45** Women's pool: Spain v New Zealand (2.00); India v Australia (3.00)

4.30pm–7.15 Women's pool: Germany v Republic of Korea (4.30); ● Great Britain v Argentina (5.30)

9.00pm–11.45 Women's pool: US v Japan (9.00); ● China v Netherlands (10.00)

11.30pm–2.15am Men's pool: New Zealand v Brazil (11.30); ● Great Britain v Australia (12.30am)

JUDO

2.00pm–5.00 Men's -90kg and women's -70kg: elimination rounds; quarter-final bouts

● **7.30pm–10.10** Men's -90kg and women's -70kg: repechage bouts; semi-finals; finals at 9.00, 9.35

ROWING

12.30pm–4.40 Women's pair semis 12.30; lightweight double sculls semis: women's 12.50; men's 1.10; men's four semis 1.30; eight repechage: women's 1.50; men's 2.00; quadruple sculls final: men's 2.10; women's 2.34; single sculls semis: men's 3.10; women's 3.30; lightweight double sculls finals: women's 3.50, 4.10; men's 4.00, 4.20; women's pair final 4.40

RUGBY SEVENS

● **3.00pm–6.00** Men's pool matches: France v Spain (3.00); South Africa v Australia (3.30); Kenya v Japan (4.00); New Zealand v Great Britain (4.30); Argentina v Brazil (5.00); Fiji v USA (5.30)

● **8.00pm–11.00** Men's placing 9-12 matches at 8.00, 8.30; quarterfinals at 9.00, 9.30, 10.00, 10.30

SAILING

5.00pm–7.35 Men's one-person Laser, one-person Finn, two-person 470. Women's one-person Laser Radial, two-person 470. Plus mixed multihull Nacra 17 (Reserve day: men's and women's windsurfing)

SHOOTING

1.00pm–8.30 Men's 50m pistol: qualification from 1.00; ● final at 4.00; men's double trap: qualification from 1.00; final at 7.00

SWIMMING

5.00pm–7.00 Heats

2.00am–4.30 Men's 200m breaststroke final at 2.03am; women's 100m freestyle semis at 2.12; men's 200m backstroke semis at 2.28; women's 200m butterfly final at 2.54; men's 100m freestyle final at 3.03; women's 200m breaststroke semis at 3.11; men's 200m individual medley semis at 3.29; women's 4x200m freestyle relay final at 3.55

TABLE TENNIS

● **2.00pm–4.00** Women's singles: semi-finals at 2.00, 3.00

● **12.30am–2.45** Women's singles: bronze-medal match at 12.30am; final at 1.30

TENNIS

2.45pm–8.30 Men's singles third round; women's singles quarter-finals; men's doubles semi-finals; women's doubles quarter-finals

3.00pm–12 midnight Men's and women's singles; men's and women's doubles; mixed doubles

● **10.45pm–3.00am** Men's singles third round; women's singles quarter-finals; men's doubles semi-finals; women's doubles quarter-finals; mixed doubles first round

VOLLEYBALL

1.30pm–5.20 Women's preliminaries: People's Republic of China v Puerto Rico (1.30); Italy v Netherlands (3.35)

7.00pm–10.50 Women's preliminary matches: USA v Serbia (7.00); Russian Federation v Cameroon (9.05)

● **12.30am–4.20** Women's preliminary matches: Republic of Korea v Argentina (12.30am); Brazil v Japan (2.35)

WATER POLO

1.00pm–6.20 Men's preliminary rounds: Australia v Japan (1.00); Greece v Hungary (2.20); France v USA (3.40); Montenegro v Italy (5.00)

11.30pm–2.10am Men's preliminary rounds: Brazil v Serbia (11.30); Spain v Croatia (12.50am)

WEIGHTLIFTING

2.00pm–6.00 Men's 77kg Group B from 2.00; women's 69kg Group B from 4.30

7.30pm–9.30 Women's 69kg Group A

● **11.00pm–1.00am** Men's 77kg Group A

WATCH ONLINE or on the RED BUTTON

NICKY JOHNSTON

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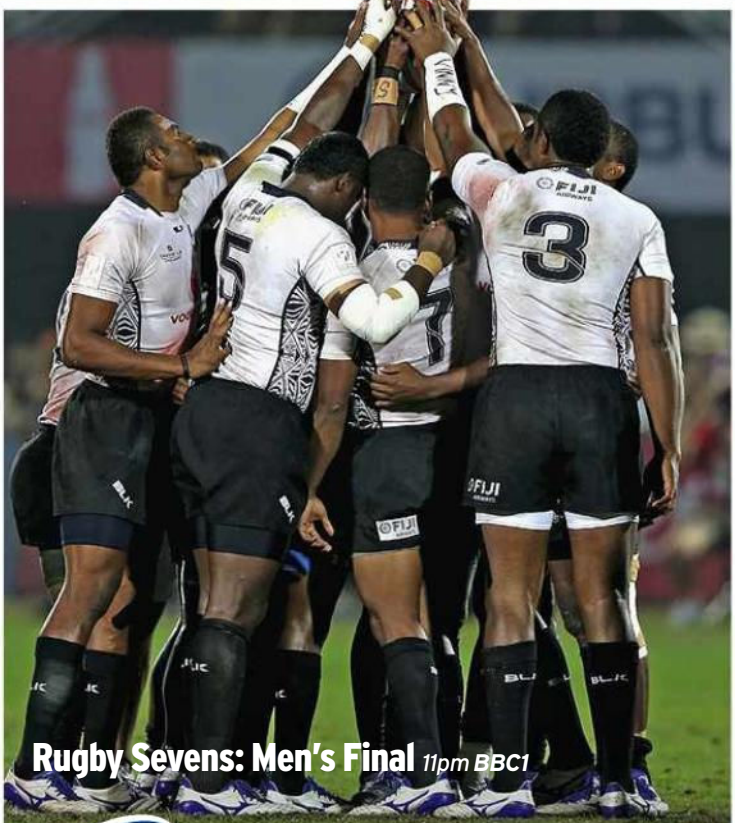

Rugby Sevens: Men's Final *11pm BBC1*

Great Britain will be lucky to make today's gold medal match. Despite England, Scotland and Wales's experience in 15-man rugby, only one senior international is making the trip to Rio de Janeiro, Scotland centre Mark Bennett. Fiji are the outright favourites for the tournament despite never having won an Olympic medal, with fierce-running rugby players who can make the most of the extra open space. Watch out for Josua Tuisova, a 22-year-old, 17-stone powerhouse with a chance to become a national hero. **James Gill**

Swimming: Men's 200m IM Final

3.01am ***BBC1***

This is the last chance for Michael Phelps and Ryan Lochte to win an individual gold medal. Phelps has won this event in every Olympics going back to 2004, but Lochte is the world record-holder. Assuming both are in the final, this will be a showdown not to be missed. Both men are superstars – between them they have won 93 Olympic and World Championship medals – and they're both fantastic characters. They're the John McEnroes of the swimming pool. People love to watch them, win or lose. People care about them, have an opinion about them. **Sharron Davies**

Golf: Men's Individual Strokeplay

11.30am ***Red Button+/online***

There are many who feel that Rory McIlroy didn't exactly cover himself in glory when he pulled out of the Olympics citing fears over the Zika virus, or do his sport any favours when he said he planned to watch less the golf than the "track and field, swimming, diving, the stuff that matters". Golf's first appearance at the Games since 1904 would appear to be already devalued, McIlroy's withdrawal just one of a number. So good on new Open champion **Henrik Stenson** (left). "I want to try and do myself and my country proud by bringing home a medal," the Swede says. **Simon O'Hagan**

HELLO, VELO! The velodrome is an arena rich with GB gold potential

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PICK OF THE ACTION

Cycling: Men's and Women's Track *8pm BBC1*

For these Games I'm switching from the swimming pool to the velodrome. There was a slight fear when I found out. "Am I going to like track cycling as much as I like the swimming?" I wondered, but it's genuinely exciting to be up close in the velodrome. In many ways the action is more condensed: there aren't morning and evening sessions, and in nearly every event British athletes can win medals. On day one today I'll be looking out for Laura Trott in the British team pursuit. After winning gold in the team pursuit and the individual omnium at London 2012, she could be the first British woman ever to win three Olympic gold medals. Coverage of women's sport is getting better, but it's very little compared with the men. At the Olympics, everyone goes, "Oh my God, who are these fantastic people?" Well, actually, they've been doing it for years and years. **Clare Balding**

Tennis: Men's and Women's Singles

4pm ***BBC4***

Fans often argue that a sport should only be included in the Olympic Games if the Olympics is the pinnacle of achievement. It's hard with golf, as we have seen this year, to celebrate the Olympics in the same way. But Olympic tennis has become increasingly prestigious. Any debate about "the greatest of all time" definitely takes into account the Olympics. Look at Rafa Nadal: he's won all four grand slams, the Davis Cup, the Olympic title. Roger Federer has never won an Olympic singles gold; Novak Djokovic goes to Rio knowing this might be his last really good chance. **Russell Fuller**

Canoe Slalom: Men's C2

6.15pm ***BBC1***

In the two-person canoe event (C2), Team GB have David Florence and Richard Hounslow, silver medallists from London 2012 behind fellow Brits Tim Baillie and Etienne Stott. With Florence and Hounslow aiming to go one better this year, the secret to a good run is to keep the boat "dry". What I mean by that is, if you're going down a whitewater course, the water is always crashing over the top of the boat. Every time that happens it kills boat speed, so top paddlers will try to keep the boat above the water as much as possible. **Helen Reeves**

Gymnastics: Women's All-around

8pm ***BBC1***

Britain's Ellie Downie, only 17, has posted some of the top scores in the world this year. She's our strongest all-around gymnast, and is certainly expected to be in the medals mix. But the gymnast likely to set the tournament alight is the USA's Simone Biles. She's a three-time world champion, her scores are way ahead of her rivals, and barring something totally unforeseen, she will be Olympic champion. She's so dynamic. We've never had a reigning world champion win an Olympic final, so it will be special if she can perform to expectations. **Christine Still**

STAT ATTACK

ROWING: MEN'S PAIR FINAL

2pm ***BBC1***

Olympic rowers consume an average of 6,000 calories a day while they're in training, and they row around 10,000km every year.

SOMETHING NEW

WATER POLO: WOMEN'S

1pm ***Red Button+/ online***

Water polo was originally known as "water rugby" – and it can be just as physical. Technically, players aren't allowed to hold an opponent – although below the surface (and out of sight of the referee) it's a whole different story.

GOLDS TODAY

ARCHERY Women's Individual *8.44pm* **CANOE SLALOM** Men's C2 *6.15pm*, Women's K1 *7pm* **CYCLING** Men's Team Sprint *10.21pm* **FENCING** Women's Épée Team *10.30pm* **GYMNASTICS** Women's All-around *8pm* **JUDO** Women's -78kg *9.20pm*, Men's -100kg *9.20pm* **RUGBY SEVENS** Men's *11pm* **ROWING** Men's Pair *2pm* Women's Double Sculls *2.20pm*, Men's Double Sculls *2.40pm*, Men's Lightweight Fours *3pm* **SHOOTING** Women's 50m Rifle 3 Positions *4pm* **SWIMMING** Women's 200m Breaststroke *2.26am*, Men's 200m Backstroke *2.22am*, Men's 200m IM *3.01am*, Women's 100m Freestyle *3.18am* **TABLE TENNIS** Men's Singles *1.30am*

GETTY; ALAMY

BBC1

6.00am Olympic Breakfast
Stephanie McGovern and Naga Munchetty present a news round-up and presenters in Rio look ahead to today's events at the Games. (S) (HD)

9.15–1.45pm *BBC1 is showing regular programmes every morning, including News at 1pm. See page 98 of main magazine for details.*

***9.15am–1.45pm** Switch to **BBC2** for replay of last night's action, followed at 1pm by a look at today's golf action, and the rowing men's lightweight fours final and men's and women's single sculls semi-finals.*

1.45pm–6.00 Olympics 2016

1.45pm Rowing
Coverage gets under way at the Lagoa Stadium. After winning gold with Anna Watkins in the double sculls at London 2012, Katherine Grainger will be hoping to repeat the feat in Rio, this time with new partner Vicky Thornley.
With Hazel Irvine and John Inverdale. (S) (HD)
2.00 Men's pairs final
2.04 Women's double sculls final
2.24 Men's double sculls final
2.44 Men's lightweight four final

3.45 Canoeing and Tennis
Over in the Whitewater Stadium, Britain's David Florence and Richard Hounslow will hope to be in the canoe slalom double semi-finals.
At the Olympic Tennis Centre, defending champion Andy Murray should be confident of reaching the quarter-finals of the men's singles, while in the women's singles semi-finals it would be a shock not to see Serena Williams on Centre Court. Presented by Hazel Irvine. (S) (HD)
Canoeing
4.30 Men's C2 slalom semi-final
Patrick Winterton and Helen Reeves commentate.

5.00–6.00 Swimming
In a sensational international debut four years ago at the age of just 15, America's Katie Ledecky picked up gold in the 800m freestyle and has been rewriting the record books ever since.
Hazel Irvine and Helen Skelton present. (S) (HD)
5.02 Men's 50m freestyle heats
5.20 Women's 800m freestyle heats
Commentary is provided by Andy Jameson and Adrian Moorhouse.

***6.00–7.00** Switch to **BBC2** for coverage of the canoeing, with the men's C2 slalom final at 6.15. Plus swimming heats: 6.22 men's 100m butterfly; 6.42 women's 200m backstroke*

6.00 BBC News Weather

7.00 Olympics Round-up
Clare Balding rounds up the day's action and looks ahead to the evening's events. (S) (HD)

***7.30–8.00** Switch to **BBC2** for Olympic coverage, with highlights of tennis, sailing and badminton*

7.30–8.00 EastEnders
See page 98 of main magazine for details.

8.00–10.00 Olympics 2016

8.00 Gymnastics and Track Cycling
Grace and power combine in the Olympic Arena as reigning champ Gabby Douglas heads the field in the women's individual all-around.
As the track cycling begins in the Olympic Velodrome, Bradley Wiggins starts his quest for a fifth Olympic gold medal in the men's team pursuit. Team GB will also be hoping to repeat their London 2012 triumphs in the women's team pursuit and the men's team sprint. (S) (HD)
Track Cycling
8.00 Men's team sprint qualifiers
8.19 Women's team pursuit qualifiers
9.10 Men's team sprint semi-finals
9.23 Men's team pursuit qualifiers

WHAT I'LL BE WATCHING
LYNNE TRUSS

BADMINTON
"We have the idea that anyone can play badminton, and that it's quite a nice game – but watch closely during the Olympics and both these delusions are completely shattered. What a ruthless sport!"

***10.00–10.45** Switch to **BBC2** for continuing cycling coverage, with the men's team pursuit qualifiers, and at 10.21 the men's team sprint finals.*

10.00 BBC News Weather

10.45–4.00 Olympics 2016

10.45pm Rugby Sevens
The podium places are decided at the Deodoro Stadium, beginning with the bronze-medal match. Fiji have been the dominant force in recent years – winning the last two World Series titles – and hopes are high for a first ever Olympic medal for the Pacific island nation.
Presented by Clare Balding, Mark Chapman and John Inverdale.
11.00 Men's gold-medal match
Eddie Butler and Sir Clive Woodward commentate.

11.30 Olympics Round-up
A look back at what's been happening in Brazil with Clare Balding and Mark Chapman. (S) (HD)

12 midnight Hockey and Swimming
London 2012 bronze medallists Great Britain aim to close in on a place in the quarter-finals as they take on Japan in the women's hockey.
Meanwhile in the pool, the most decorated Olympian, Michael Phelps, should be in action. After taking his overall gold medal tally to 18 by the end of London 2012, Phelps decided to hang up his trunks – but now he is back, and who'd bet against him picking up a fourth straight title in the 200m individual medley tonight? But the biggest noise could be made during the men's 50m freestyle semi-finals, if the Brazilian swimmer Bruno Fratus, who came narrowly missed out on a medal in London, is giving the home crowd something to cheer about. Jason Mohammad and Helen Skelton present. (S) (HD)
Hockey
12.30 Japan v Great Britain, women's Group B.
Swimming
2.03 Men's 50m freestyle semi-finals
2.17 Women's 200m breaststroke final
2.26 Men's 200m backstroke final
2.35 Women's 200m backstroke semi-finals
3.01 Men's 200m individual medley final
3.18 Women's 100m freestyle final
3.34 Men's 100m butterfly semi-finals (S) (HD)

4.00–6.00am BBC News (S)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton and Golf
The first round of the men's golf takes place this afternoon. Although the top four men in the sport withdrew before the start of the competition due to fears about the Zika virus, the competition will still be fierce. Team GB has some serious medal hopes in the men's and women's events in Danny Willett, Justin Rose and Charley Hull. Also this afternoon, the badminton competition continues in the group stage in the men's women's singles and doubles. Presented by Ore Oduba. (S) (HD)

3.00 Hockey and Tennis
Expect defending champion Andy Murray to pursue a robust defence of his title as the men's and women's singles and doubles tennis tournaments reach the quarter-final stages along with the mixed doubles. Meanwhile the men's and women's hockey group matches continue with Ireland entering the fray. (S) (HD)
Hockey
8.00 Ireland v Canada, men's Group B
Commentary by Matt Chilton, Simon Mason and Mel Clewlow.

6.00 Swimming and Canoeing
Action from the canoe slalom competitions at the Whitewater Stadium, as the men's C2 and women's K1 reached the semi-final stage, followed by the finals. Britain's best hope is in the men's doubles, where London 2012 silver medallists David Florence and Richard Hounslow compete.
In the pool, there are heats in the men's 100m butterfly and the women's 200m backstroke, where Lizzie Simmonds will want to make a mark as she aims to improve on fourth place in 2012. Presented by Dan Walker and Helen Skelton
Commentary by Patrick Winterton and Helen Reeves. (S) (HD)

8.00 Gymnastics and Track Cycling
The highlight of tonight's gymnastic competition is the women's individual all-around final. Ellie Downie, who took a bronze for Britain at the 2015 European Championships, is back for 2016 as is defending champion Gabby Douglas who was one of the USA's "Fierce Five". Surely the one to beat, however, is the USA's three-time world champion Simone Biles.
There's a full schedule over at the Velodrome, including the qualifying stages of the women's and men's team pursuits along with the semi-finals and the finals of the men's team sprint, where Team GB's Callum Skinner has the unenviable task of stepping into Chris Hoy's shoes in the trio that won gold in London in record-breaking time. (S) (HD)

10.00 Beach Volleyball and Judo
Team GB's Gemma Gibbons narrowly lost to Kayla Harrison of the USA in the 2012 women's judo 78kg final and had to settle for a creditable silver medal. She has struggled with injury since but still has a chance of winning gold. There's also action from the men's 100kg final.
Competition continues in the beach volleyball, with the preliminaries for men and women. (S) (HD)

12.30–2.00am Table Tennis
The medals in the men's singles will be decided tonight, and it should become clear whether Chinese star Zhang Jike, who's likely to be contesting the gold medal, has won new fans among the locals, having been named after Brazilian footballing hero Zico. (S) (HD)
12.30 Men's bronze medal match
1.30 Men's gold medal match

2.00–6.00am *BBC4 is showing regular programmes. See page 98 of main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

LISTEN LIVE – RADIO 5 LIVE & 5 LIVE OLYMPICS EXTRA

Red button/Online DAY 6

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ARCHERY	**1.00pm–2.45** Women's individual event: matches in the last-16	● **7.00pm–9.10** Women's individual event: quarter-finals from 7.00; semi-finals from 7.55; bronze-medal match at 8.26; final at 8.44	
BADMINTON	**12 noon–6.00** Group play: men's and women's singles and doubles, plus mixed doubles ● 11.55 to 2.55	**7.30pm–10.00** Group play: men's and women's singles and doubles, plus mixed doubles	● **11.30pm–3.00am** Group play: men's and women's singles and doubles, plus mixed doubles
BASKETBALL	**4.15pm–8.00** Women's preliminaries: Belarus v Turkey (4.15). ● Men's prelims: Brazil v Croatia (6.15)	**7.30pm–11.30** Women's preliminary rounds: France v Brazil (7.30); Japan v Australia (9.45)	● **11.00pm–4.15am** Men's preliminary rounds: Nigeria v Spain (11.00); Lithuania v Argentina (2.30am)
BEACH VOLLEYBALL	**2.00pm–5.50** Men's and women's preliminaries	● **7.30pm–11.20** Men's and women's preliminaries	● **1.00am–4.50** Men's and women's prelims; lucky loser matches from 3.00am
BOXING	**3.00pm–6.00** Men's bantam and light welter, round of 32 from 3.00; men's welter and light heavy round of 16 from 4.30	● **9.00pm–12 midnight** Men's bantam and light welter, round of 32 from 9.00; men's welter and light heavy round of 16 from 10.30	
CANOE – SLALOM	● **4.30pm–8.00** Men's canoe double (C2) semi-finals at 4.30, final at 6.15; women's kayak (K1) semi-finals at 5.15, final at 7.00		
CYCLING – TRACK	**8.00pm–10.45** Opening day: men's team sprint qualifiers from 8.00; round one; finals at 10.21. Women's team pursuit qualifiers from 8.19. Men's team pursuit qualifiers from 9.23		
EQUESTRIAN – DRESSAGE	● **2.00pm–8.00** Team dressage: Grand Prix, day two		
FENCING	**1.00pm–7.30** Women's team epee: round of 16 from 1.00; quarter-finals from 2.30; play-offs for fifth to eighth places from 4.00; semi-finals from 5.15	● **9.00pm–11.50** Women's team epee: bronze-medal match at 9.00; final at 10.30	
GOLF	● **11.30am–8.00pm** Men's individual stroke play		
GYMNASTICS	**8.00pm–10.10** Artistic: women's individual all-around final		
HANDBALL	**1.30pm–5.00** Men's preliminary matches: Tunisia v Qatar (1.30); Poland v Egypt (3.30)	**6.40pm–10.10** Men's preliminary matches: Denmark v Croatia (6.40); Brazil v Germany (8.40)	● **11.50pm–3.20am** Men's preliminary matches: Slovenia v Sweden (11.50); France v Argentina (1.50am)
HOCKEY	● **2.00pm–4.45** Men's pool: Netherlands v India (2.00); Ireland v Canada (3.00)	**4.30pm–7.15** Men's pool: Argentina v Germany (4.30); Spain v Belgium (5.30)	● **9.00pm–11.45** Women's pool: USA v India (9.00); Australia v Argentina (10.00) / **11.30pm–2.15am** Women's pool: Germany v Spain (11.30); ● Japan v Great Britain (12.30am)
JUDO	● **2.00pm–5.00** Men's -100kg and women's -78kg: elimination rounds, quarter-finals	● **7.30pm–10.10** Men's -100kg and women's -78kg: repechage contests and semi-finals from 7.30; bronze-medal play-offs from 8.40; finals at 9.20	
ROWING	**12.30pm–3.40** ● 12.30 men's pair final; 12.40 women's double sculls final; 12.50 men's double sculls final; 1.00 men's lightweight four final; 1.10 men's single sculls semi-finals; 1.30 women's single sculls semi-finals. 2.00 men's pair final; 2.20 women's double sculls final; 2.40 men's double sculls final; 3.00 men's lightweight four final		
RUGBY SEVENS	● **4.30pm–7.30** Men's placing matches at 4.30, 5.00, 5.30, 6.00; semi-finals at 6.30, 7.00	● **9.30pm–12 midnight** Men's placing match 7-8 at 9.30; 5-6 at 10.00; bronze medal match at 10.30; final at 11.00	
SAILING	● **5.00pm–7.40** Men's and women's windsurfing; men's one-person Finn; men's and women's two-person dinghy 470; mixed multi-hull Nacra 17. (Reserve day: men's one-person dinghy Laser; women's one-person dinghy Laser Radial)		
SHOOTING	**1.00pm–5.30** Women's 50m rifle 3 positions qualification from 1.00; finals at 4.00		
SWIMMING	**5.00pm–7.10** Heats	● **2.00am–3.55** 2.03 men's 50m freestyle semi-finals; 2.17 women's 200m breaststroke final; 2.26 men's 200m backstroke final; 2.35 women's 200m backstroke semi-finals; 3.01 men's 200m individual medley final; 3.18 women's 100m freestyle final; 3.34 men's 100m butterfly semi-finals	
TABLE TENNIS	● **2.00pm–4.00** Men's singles: semi-finals	● **12.30am–2.45** Men's singles: bronze-medal match at 12.30am; final at 1.30	
TENNIS	● **4.00pm–12 midnight** Men's singles quarter-finals; women's singles semi-finals; women's doubles semi-finals; mixed doubles quarter-finals		
VOLLEYBALL	**1.30pm–5.20** Men's preliminaries: Islamic Republic of Iran v Cuba (1.30); Russian Federation v Egypt (3.35)	**7.00pm–10.50** Men's preliminaries: Poland v Argentina (7.00); Canada v France (9.05)	● **12.30am–4.20** Men's preliminaries: Italy v Mexico (12.30am); Brazil v USA (2.35)
WATER POLO	**1.00pm–3.40** Women's preliminaries: Russian Federation v Brazil (1.00); Italy v Australia (2.20)	**3.40pm–6.20** Women's preliminaries: People's Republic of China v USA (3.40); Spain v Hungary (5.00)	

WATCH ONLINE or on the RED BUTTON

DAILY TELEGRAPH

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

FRIDAY 12 AUGUST The experts' choice

PICK OF THE ACTION

Tennis: Men's Doubles Final *4pm BBC4*

How many of us can say we have played in an Olympic Games – let alone say we've competed alongside our brother? It's a dream for both **Andy and Jamie Murray** to be playing doubles together in Rio 2016. Their experience of playing in the Davis Cup over the past 18 months clearly boosts their chances. They're battle-hardened and less erratic than they were. It's difficult to second-guess what's going to happen: there's a very strong French pairing who won Wimbledon – Pierre-Hugues Herbert and Nicolas Mahut. But the Murrays will fancy their chances. **Russell Fuller**

Rowing: Women's Pair Finals

*2.24pm **BBC1***

Reigning Olympic champions Helen Glover and Heather Stanning are so dominant that if anyone asks me how much to bet on the two Brits repeating their triumph from 2012, I'd just say, "How much do you want to win?" After London, Heather resumed her army career in Afghanistan, while Helen won the World Championships with another partner. Since reuniting, they've carried on where they left off, steamrollering everyone in their path. They're a brilliant combination – so strong physically and mentally. **James Cracknell**

Equestrian: Dressage Team Grand Prix

*6pm **BBC21***

I may be mainly in the velodrome, but given my year in the saddle I'll keep an eye on the equestrian events. I went to see top GB riders **Charlotte Dujardin** (right) and Carl Hester having an open dressage session and I loved it. Now I understand more, I can get more out of it. The venue is close by the mountain biking and the BMX, so I might have a chance see some of the British prospects there, too. **Victoria Pendleton**

Athletics: Heptathlon

*1.35pm **BBC2***

The heptathlon takes place on the first two days of the track and field events. For Britain, it's all about champion Jessica Ennis-Hill and rival Katarina Johnson-Thompson – a big battle between them would grip the Olympic Stadium. KJT is under pressure to succeed Jess, but she's not the poster girl like her rival was at London 2012. Everyone in athletics knows Kat can deliver, but for the nation as a whole she'll still be seen as the surprise package. The person on the street doesn't expect KJT to be atop the podium. **Gabby Logan**

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BROTHERLY LOVE
Can Jamie and Andy build on Davis Cup success with an Olympic gold?

KNIGHT RIDER
Sir Bradley leads the team pursuit

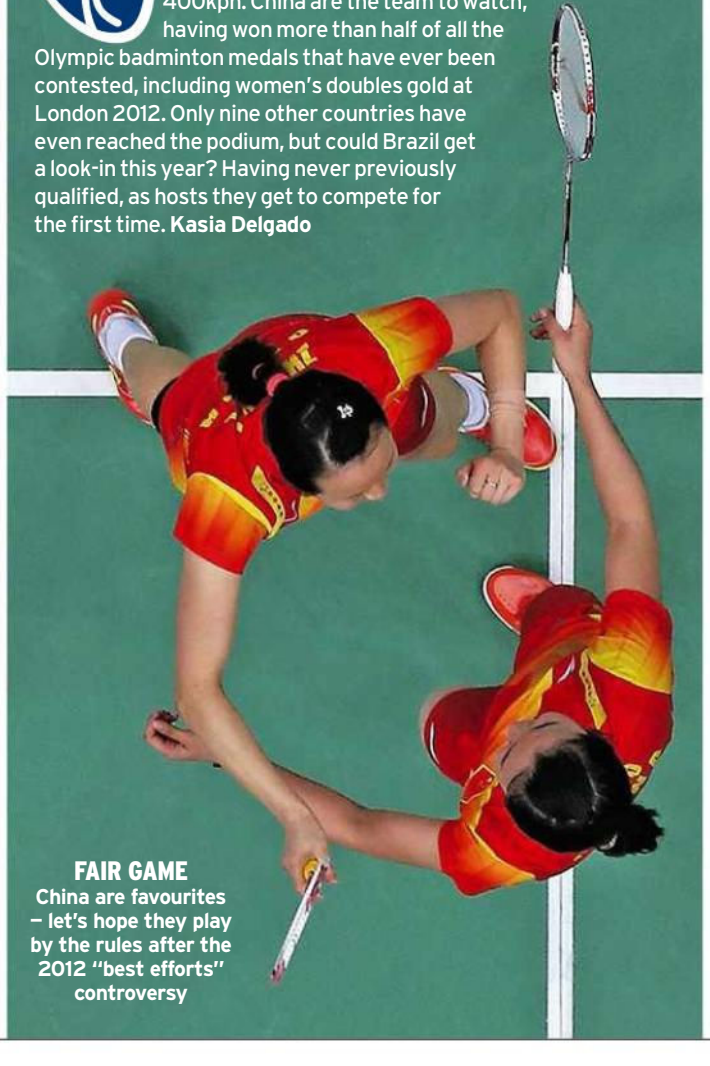
Cycling: Men's Team Pursuit

8.52pm ***BBC2***

Having Bradley Wiggins back in GB's team pursuit is awesome. I've known him for such a long time, and we've competed in so many championships together. He's an enigma, a maverick, everything you'd wish for in a sportsman – but also a thoroughly nice family guy. It blows me away how much talent is crammed into that tall, lean body. I'm very envious of him. If he wins a medal here in Rio, he will beat Chris Hoy and become Britain's most decorated Olympian. We just look up in awe – me in particular, because he's 6ft 3in and I'm 5ft 5in! **Victoria Pendleton**

Badminton *12 noon* ***Red Button+/online***

While all eyes will be on Andy and Jamie Murray in the tennis doubles, shuttlecocks will be hurtling far faster on the badminton court – at almost 400kph. China are the team to watch, having won more than half of all the Olympic badminton medals that have ever been contested, including women's doubles gold at London 2012. Only nine other countries have even reached the podium, but could Brazil get a look-in this year? Having never previously qualified, as hosts they get to compete for the first time. **Kasia Delgado**



FAIR GAME
China are favourites – let's hope they play by the rules after the 2012 "best efforts" controversy

Athletics: Women's 10,000m

3.10pm ***BBC2***

She won't win a medal, but that doesn't matter when it comes to Jo Pavey. She's 42, a mother of two, a European champion who is going to her fifth Olympics and, as with Paula Radcliffe, an inspiration to thousands of women runners. When I started the Great North Run in the 1980s, ten per cent of the entrants were women. Last year, that figure had gone up to 48 per cent. Jo will have a job keeping those Ethiopians in sight, but it'll be a hell of a finale – unless she decides to aim for the next Olympics! **Brendan Foster**

STARS TO WATCH

SHOOTING: WOMEN'S SKEET FINAL *7pm* ***BBC1***

Amber Hill (below) is an 18-year-old beautician with pink nails and a penchant for *Love Island*. She's also one of the world's top skeet shooters. Introduced to shooting by her grandfather when she was just ten, she now even uses pink shotgun cartridges.

GOLDS TODAY

ARCHERY Men's Individual *8.44pm* **ATHLETICS** Women's 10,000m *3.10pm*, Men's 20km Walk *6.30pm*, Women's Shot *2am* **CYCLING** Men's Team Pursuit *8.52pm*, Women's Team Sprint *10pm* Men's Doubles *12 midnight* **EQUESTRIAN** Dressage Team Grand Prix *6pm* **FENCING** Men's Foil Team *10.30pm* **GYMNASTICS** Women's Trampoline Individual *7.35pm* **JUDO** Women's +78kg *9.20pm*, Men's +100kg *9.20pm* **ROWING** Women's Lightweight Double Sculls *1.10pm*, Men's Lightweight Double Sculls *1.20pm*, Women's Pair *2.24pm*, Men's Pair *1.40pm* **SHOOTING** Women's Skeet *7pm*, Men's 50m Rifle Prone *3pm* **SWIMMING** Women's 200m Backstroke *2.03am*, Men's 100m Butterfly *2.12am*, Women's 800m Freestyle *2.33am*, Men's 50m Freestyle *2.44am* **TENNIS** Men's Doubles *4pm* **WEIGHTLIFTING** Women's 75kg *7.30pm*, Men's 85kg *11pm*

GETTY; PA

BBC1

6.00am Olympic Breakfast
Stephanie McGovern and Naga Munchetty present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

*9.15am–1.45pm Switch to **BBC2** for replays of last night's action, plus live coverage of athletics from 1pm, including the heptathlon 100m hurdles and the men's discus qualifying*

9.15–1.45pm *BBC1 is showing regular programmes. See page 108 of main magazine.*

1.45pm–6.00 Olympics 2016

1.45 Athletics, Rowing and Swimming
On the first day of the athletics competition, London 2012 champion Jessica Ennis-Hill bids to defend her Olympic heptathlon title in the second of her seven events, the high jump.

In the rowing, Olympic and world champions Helen Glover and Heather Stanning will hopefully be taking to the water for the final of the women's pair. Presented by Hazel Irvine.

Athletics
2.05 Women's shotput qualifying
2.10 Men's 800m qualifying
2.50 Heptathlon high jump
3.10 Women's 10,000m final
Commentary by Brendan Foster, Andrew Cotter, Steve Cram and Steve Backley.

Rowing
1.52 Women's lightweight double final
2.04 Men's lightweight double final
2.24 Women's pair final
2.44 Men's four final
Commentary by Garry Herbert and James Cracknell.

Swimming
5.02 Women's 50m freestyle heats
5.40 Men's 1500m freestyle heats
Andy Jameson and Adrian Moorhouse commentate.

*6.00–7.00 Switch to **BBC2** for equestrian and swimming action, plus men's 20km walk updates*

6.00 BBC News Weather

7.00–8.00 Olympics 2016

7.00 Olympics Round-up
Including the equestrian team dressage grand prix, where Great Britain aim to make it back-to-back gold medals, plus shooting and swimming. (S) (HD)

*8.00–8.30 Switch to **BBC2** for track cycling, including the men's individual sprint qualifying*

8.00–8.30 EastEnders
See page 108 of main magazine for details.

8.30–10.00 Olympics 2016

8.30 Track Cycling
In the velodrome, defending champions Great Britain – led by Bradley Wiggins – will hope to be in action in the team pursuit semi-finals. The final is at 10.20pm on BBC2. In the men's sprint, Team GB's Jason Kenny will be battling to retain his Olympic crown. Presented by Clare Balding. (S) (HD)
8.52 Men's team pursuit semi-finals
9.17 Women's team sprint semi-finals
9.30 Men's sprint quarter-finals
Simon Brotherton and Chris Boardman commentate.

*10.00–10.45 Switch to **BBC2** for more track cycling, including the women's team sprint final and the men's team pursuit final*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Track Cycling
The conclusion of this evening's events in the velodrome, including medal ceremonies for the women's team sprint and men's team pursuit. (S) (HD)

WHAT I'LL BE WATCHING
EDDIE MAIR

TRAMPOLINE
"It has to be the trampoline. Full marks to whoever invented the sport, and more kudos to anyone who can do anything graceful on a trampoline."

11.00 Olympics Round-up
With Mark Chapman and Clare Balding. (S) (HD)

12 midnight Athletics
British heptathletes Jessica Ennis-Hill and Katarina Johnson-Thompson renew their rivalry in the shot put of the heptathlon, while fellow Brits Laura Muir and Laura Weightman will be aiming to make their mark in the 1500m qualifying.

Team GB has a trio of hopefuls lining up in the men's 400m heats, with European gold medallist Martyn Rooney leading the charge. And Britain's Greg Rutherford will be expected to sail through qualifying in the long jump as he sets out to defend his Olympic title. Presented by Jason Mohammad, with Gabby Logan. (S) (HD)
12.30 Women's 1500m, round one
12.35 Heptathlon shot put
12.40 Women's hammer qualifying
1.05 Men's 400m, round one
1.20 Men's long jump qualifying
Commentary comes from Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

2.00am–4.00 Athletics, Swimming and Football
The female sprinters hit the track tonight for the 100m heats, with Asha Philip representing Team GB. While Jessica Ennis-Hill and Katarina Johnson-Thompson will be challenging in the heptathlon 200m, hoping for a strong finish to the first day of competition. Plus the women's shot put final.

In the pool, Britain's World Championship bronze medallist Jazz Carlin will try to secure a spot on the 800m freestyle podium. Jason Mohammad hosts, with Gabby Logan and Helen Skelton. (S) (HD)

Athletics
2.00 Women's shot put final
2.05 Heptathlon 200m
2.40 Women's 100m, round one
Featuring commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

Swimming
2.03 Women's 200m backstroke final
2.12 Men's 100m butterfly final
2.20 Women's 800m freestyle final
2.44 Men's 50m freestyle final
3.06 Women's 50m freestyle semi-finals
Andy Jameson and Adrian Moorhouse commentate.

Football
2.00 Women's quarter-final

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Volleyball and Golf
The women's preliminary rounds continue in the volleyball arena.

Meanwhile, on the Olympic golf course, it's round two of the men's individual stroke play. Presented by Ore Oduba. (S) (HD)

1.30 Athletics and Rowing
Coverage of the first day of the athletics programme is shared with BBC1, with Olympic heptathlon champion Jessica Ennis-Hill and Kenyan middle-distance runner David Rudisha both scheduled to compete in the Olympic Stadium this afternoon.

Rowing coverage is also split with BBC1, and there are four gold medals up for grabs during the session: the men's and women's lightweight doubles, the women's pair and the men's four.

Ore Oduba presents, with Gabby Logan and John Inverdale. (S) (HD)

4.00 Tennis
As the men's singles semi-finals begin, British hopes will be resting on reigning Wimbledon and Olympic champion Andy Murray, who would have been expected to progress smoothly through the preliminary rounds. But long-time rivals Roger Federer and Novak Djokovic are also likely to be in contention at this stage.

Also out on court this afternoon are the men's doubles finalists – will the Bryan brothers from Team USA be in the running to retain their Olympic crown? Presented by Ore Oduba. (S) (HD)

5.30 Football, Hockey and Swimming
The women's football competition has reached the knockout stage, with eight teams remaining to battle it out for a place in the semi-finals. Team USA will be hoping to defend the title they won four years ago in London.

Presented by Ore Oduba and Dan Walker. (S) (HD)

Football
5.00 Women's quarter-finals

Hockey
5.30 Germany v Netherlands, men's Pool B
Featuring commentary by Matt Chilton, Simon Mason and Mel Clewlow

8.00 Archery, Hockey and Judo
The men's individual archery competition reaches its climax this evening, alongside two judo finals and a preliminary match in the men's hockey tournament, where Great Britain take on Spain in their final Pool A encounter. Presented by Dan Walker. (S) (HD)

Archery
8.00 Men's individual semi-finals
8.44 Men's individual final

Hockey
9.00 Great Britain v Spain, men's Pool A
Matt Chilton, Simon Mason and Mel Clewlow provide the commentary.

Judo
9.20 Men's +100kg and women's +78kg finals

10.30 Fencing and Beach Volleyball
In the fencing arena, European Games gold medallists Great Britain will have high hopes in the men's team foil final. But defending Olympic champions Italy are also likely to be in contention.

There are also beach volleyball last-16 matches from Copacabana Beach. (S) (HD)

12 midnight–2.00 Hockey
Ireland go head to head with Argentina in the men's Pool B match. Presented by Dan Walker, with commentary from Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See page 108 of main magazine.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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DAY 7

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ARCHERY
- ● **1.00pm–2.45** Men's individual event: matches in the last-16
- ● **7.00pm–9.10** Men's individual event: quarter-finals from 7.00; semi-finals from 7.55; bronze-medal match at 8.26; final at 8.44

ATHLETICS
- **1.30pm–5.10** 1.30/2.55 men's discus qual; 1.35 heptathlon 100m hurdles; 2.05 women's shot put qual; 2.10 men's 800m heats; 2.50 heptathlon high jump; 3.10 women's 10,000m final; 3.55 women's 100m prelims
- ● **6.30pm–8.10** Men's 20km race walk
- ● **12.20am–3.25** 12.30am women's 1500m round one; 12.35 women's heptathlon, shot put Group A; 12.40 women's hammer throw qual; 1.05 men's 400m round one; 1.20 men's long jump qual; 2.00 women's shot put final; 2.05 women's heptathlon, 200m; 2.10 women's hammer throw qual; 2.40 women's 100m round one

BADMINTON
- ● **12 noon–6.00pm** Women's and men's singles group matches; men's, women's and mixed doubles group matches
- **7.30pm–10.00** Women's and men's singles group matches; men's, women's and mixed doubles group matches
- ● **11.30pm–3.00am** Women's and men's singles group matches; men's, women's and mixed doubles group matches

BASKETBALL
- **4.15pm–6.00** Women's prelims: Serbia v China (4.15)
- **6.15pm–8.00** Men's prelims: China v Australia (6.15)
- ● **7.30pm–11.30** Women's prelims: Canada v USA (7.30); Spain v Senegal (9.45)
- ● **11.00pm–4.15am** Men's prelims: USA v Serbia (11.00); France v Venezuela (2.30)

BEACH VOLLEYBALL
- ● **3.00pm–4.50** Men's and women's last-16 matches
- **7.00pm–8.50** Men's and women's last-16 matches
- **11.00pm–12.50am** Men's and women's last-16 matches
- ● **3.00am–4.50** Men's and women's last-16 matches

BOXING
- ● **3.00pm–5.45** Women's: last-16 bouts in flyweight from 3.00; in lightweight from 3.30. Men's: light flyweight semi-finals from 4.00; lightweight quarter-finals from 4.30; last-16 middleweight from 5.00
- ● **9.00pm–11.45** Women's: last-16 bouts in flyweight from 9.00; in lightweight from 9.30. Men's: lightweight quarter-finals from 10.00; last-16 middleweight from 10.30

CYCLING – TRACK
- **8.00pm–11.10** Women's team sprint: qualifying from 8.00; first round from 9.17; finals from 10.00. Men's sprint, 200m time trial: qualifying from 8.14; round one from 9.30; repechages from 10.08. Men's team pursuit: first round from 8.52; finals from 10.20

DIVING
- ● **7.30pm–10.30** Women's 3m springboard preliminary round

EQUESTRIAN
- ● **2.00pm–8.40pm** Dressage Grand Prix, day 3: second individual qualifier; team final

FENCING
- **1.00pm–7.30** Men's team foil: last-16 from 1.00; quarter-finals from 2.30; 5th-8th place classification from 4.00; semi-finals from 5.15; 5th-8th place play-offs from 6.30
- ● **9.00pm–11.50** Men's team foil: bronze-medal match at 9.00; final at 10.30

FOOTBALL
- ● **5.00pm–7.00** Women's quarter-final: Group G winners v a third-placed team (kick-off 5.00)
- ● **8.00pm–10.00** Women's quarter-final: Group E runners-up v Group F runners-up (kick-off 8.00)
- ● **11.00pm–1.00am** Women's quarter-final: Group F winners v Group G runners-up (kick-off 11.00)
- ● **2.00am–4.00** Women's quarter-final: Group E winners v a third-placed team (kick-off 2.00)

GOLF
- ● **11.30am–8.00pm** Men's individual stroke play, round 2

GYMNASTICS
- **6.00pm–8.30** Women's trampolining: qualification round from 6.00; final from 7.35

HANDBALL
- **1.30pm–5.00pm** Women's preliminary matches: Angola v Brazil (1.30); Sweden v Netherlands (3.30)
- **6.40pm–10.10** Women's preliminary matches: Romania v Spain (6.40); Montenegro v Norway (8.40)
- **11.50pm–3.20am** Women's preliminary matches: Russia v Argentina (11.50); South Korea v France (1.50)

HOCKEY
- **2.00pm–7.15** Women's Pool A matches: South Korea v China (2.00); ● New Zealand v Netherlands (3.00). Men's Pool B matches: India v Canada (4.30); Germany v Netherlands (5.30)
- **9.00pm–2.15am** Men's Pool A/B matches: ● Great Britain v Spain (9.00); Belgium v New Zealand (10.00); ● Ireland v Argentina (11.30); Australia v Brazil (12.30)

JUDO
- ● **2.00pm–5.00** Men's +100kg and women's +78kg: preliminary and quarter-final bouts
- **7.30pm–10.10** Men's +100kg and women's +78kg: repechages and semi-finals from 7.30; bronze-medal play-offs from 8.40; ● finals at 9.20

ROWING
- **12.30pm–3.15** Finals: men's single sculls at 12.30, 12.50; women's single sculls at 12.40, 1.00; women's lightweight double sculls at 1.10, 2.00; men's lightweight double sculls at 1.20, 2.20; women's pair at 1.30, 2.40; men's four at 1.40, 3.00

SAILING
- ● **5.00pm–7.40pm** Men's: RS:X, Laser, 470, 49er. Women's: RS:X, Laser Radial, 470, 49er FX. (Reserve day: mixed Nacra 17, men's Finn)

SHOOTING
- **1.00pm–7.30** Men's 50m rifle prone qualification (1.00); women's skeet qualification (1.00); men's skeet qualification (2.30); men's 50m rifle prone finals (3.00); men's 25m rapid fire pistol qualification (4.15); women's skeet finals (7.00)

SWIMMING
- **5.00pm–7.35** Heats: women's 50m freestyle; men's 1500m freestyle; men's and women's 4x100m medley relays
- ● **2.00am–3.30** 2.03 women's 200m backstroke final; 2.12 men's 100m butterfly final; 220 women's 800m freestyle final; 2.44 men's 50m freestyle final; 3.00 women's 50m freestyle semi-finals

TABLE TENNIS
- **2.00pm–5.00** Women's team first-round matches
- **7.00pm–10.00** Women's team first-round matches
- ● **11.30pm–2.30am** Men's team first-round matches

TENNIS
- **4.00pm–12 midnight** Men's singles semi-finals; mixed doubles semi-finals; men's doubles bronze-medal match; final ● Centre Court from 9pm

VOLLEYBALL
- **1.30pm–5.20** Women's preliminary rounds: China v Serbia (1.30); Argentina v Cameroon (3.35)
- **7.00pm–10.50** Women's preliminary rounds: USA v Italy (7.00); ● Netherlands v Puerto Rico (9.05)
- ● **12.30am–4.20** Women's preliminary rounds: Russia v Japan (12.30); Brazil v South Korea (2.35)

WATER POLO
- **1.00pm–5.00** Men's preliminary rounds: Hungary v Japan (1.00); Croatia v Italy (2.20); USA v Montenegro (3.40)
- **11.30pm–3.30am** Men's preliminary rounds: Greece v Brazil (11.30); Spain v France (12.50); Serbia v Australia (2.10)

WEIGHTLIFTING
- **2.00pm–6.00** Men's 85kg Group B; women's 75kg Group B preliminaries
- **7.30pm–9.30** Women's 75kg Group A: final
- ● **11.00pm–1.00am** Men's 85kg Group A: final

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

12:50 AM
GREG RUTHERFORD
LONG JUMP

PICK OF THE ACTION

Super Saturday – the sequel!

BBC1

That magical Saturday evening back in 2012 is now a part of British sporting folklore. We'd never seen anything like the collective triumph of Jessica Ennis, Greg Rutherford and Mo Farah and their three golds in 44 minutes. Four years on, all three champions are still at the top of their game. Could they do it all over again?

Rowing: Men's Eight Final

3pm ***BBC1***

This event is such a close call between the British, the Dutch and the Germans that it's set to be a classic. The Germans are the Olympic champions, but Britain have won the World Championships three times in a row since then, and beat them again earlier this year. But here's our problem: four of our best athletes have been taken out and put into the coxless four race, and so no one in the British crew will be able to think, "I've got the seven best guys in the country in this boat with me." Mentally, I think that could have an impact. **James Cracknell**

Cycling: Women's Keirin

2pm ***BBC4***

Four years is a long time to be fixed on one goal, as I know from when I won gold in this event in 2012, where riders follow a moped for the early laps. All you can do is keep plugging away – eat properly, sleep properly, approach every aspect of training with all the enthusiasm you can muster. Birthdays, weddings, christenings – all I could ever say was, "Sorry, I can't make it." When things get really tough, you have to think of the bigger goal and remind yourself, "This won't last for ever. After it's over, I can make up for lost time." That's what I'm doing now! **Victoria Pendleton**

Athletics: Heptathlon

3.45pm ***BBC1***

Jessica Ennis-Hill and Katarina Johnson-Thompson, the master and the apprentice of British heptathlon, will both be in the running on this second and final day. Jess is a proven big-time competitor, and in June posted her best score since London 2012. She has a steely-eyed confidence, but Kat is a rare talent. If she puts all her best events together, she will be really difficult to beat. Can the pretender take the crown, or does the champion win again? That's the essence of sport. Two northern lasses, one from Sheffield, one from Liverpool. It'll be a sight to behold. **Brendan Foster**

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02:53AM
JESSICA ENNIS-HILL
HEPTATHLON 800M

01:25AM
MO FARAH
10,000M

AWESOME THREESOME
All Great Britain will be willing on Greg, Mo and Jess

Athletics: Men's 10,000m

1.25am ***BBC1***

No British athlete has ever won two Olympic gold medals and then gone on to win a third. Tonight Mo Farah could move above Sebastian Coe, above Daley Thompson, and become the greatest British athlete ever. He's in a good place, but he has some strong rivals. Kenya's Geoffrey Kamworor beat him in the half-marathon in Cardiff in March; that made Mo really knuckle down. It's a privilege to watch Mo, a great athlete and a great friend. I'm confident that I'll be sitting in the commentary box saying that Mo Farah is the greatest. **Brendan Foster**

Athletics: Men's Long Jump Final

12.50am ***BBC1***

Greg Rutherford may have been a surprise gold medal-winner at London 2012, but he's backed up that performance every year since. Olympic, European, Commonwealth and world champion. There may be the occasional Diamond League meeting where things don't go to plan, but he turns up at major championships a different man. Greg dictates the rhythm of the field. Just little things, like moving his bag only when *he's* ready to move his bag. It's him telling the rest of the field that they have to beat him. He psyches them out. **Gabby Logan**

Gymnastics: Men's Trampoline

7.35pm ***BBC4***

You can get hooked on trampolining despite never having seen it before. Did you know they now have laser beams mounted to the trampoline? Judges use them to calculate how long athletes hang in the air. It's like something out of *Mission: Impossible*! If you hear someone talking about a "triff", that's a triple somersault. A "rudy" is a front somersault with a one-and-a-half turn – nothing to do with flashing a bum cheek halfway through a routine! Nathan Bailey is Team GB's sole male trampolinist. Our women are Kat Driscoll and Bryony Page. **Craig Heap**

NEW ORDER

MEN'S HANDBALL: DENMARK v QATAR
6.40pm ***Online***
Qatar are surprise medal contenders for an event dominated by Europe. Qatar hosted the 2015 World Championships and came second, thanks to several top foreign-born players who were naturalised in the years leading up to the event.

STAT ATTACK

ATHLETICS: MEN'S LONG JUMP
12.50am ***BBC1***
When **Bob Beamon** broke the Olympic record at Mexico City in 1968 with 8.90m, the measuring device didn't extend far enough. The record stood for 25 years.

GOLDS TODAY

ATHLETICS Men's Discus *2.50pm,* **Men's Long Jump** *12.50am,* **Men's 10,000m** *1.25am,* **Women's 100m** *2.35am,* **Women's Heptathlon 800m** *2.53am* **CYCLING Women's Team Pursuit** *8.53pm,* **Women's Keirin** *9.33pm* **FENCING Women's Sabre Team** *10.15pm* **GYMNASTICS Men's Trampoline** *7.35pm* **ROWING Men's Single Sculls** *12.50pm,* **Women's Single Sculls** *1pm,* **Women's Eight** *2.40pm,* **Men's Eight** *3pm* **SHOOTING Men's 25m Rapid Fire Pistol** *4.30pm,* **Men's Skeet** *7pm* **SWIMMING Women's 50m freestyle** *2.03am* **Men's 1500m freestyle** *2.11am* **Women's 4x100m medley relay** *2.49am* **Men's 4x100m medley relay** *3.04am* **TENNIS Women's Singles** *4pm* **WEIGHTLIFTING Men's 95kg** *7.30pm*

GETTY

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Sally Nugent present a round-up of the news, while the presenters in Rio look ahead to today's events at the Games. (S) (HD)

9.15am–12.30pm *Switch to* ***BBC2*** *for a replay of last night's action*

9.15–12.45pm *BBC1 is showing regular programmes every morning. See issue of Radio Times for 13–19 August*

12.45pm–5.00 Olympics 2016

12.45pm Preview
Hazel Irvine and guests look ahead to the eighth day of action in Rio. (S) (HD)

1.15–5.00 Athletics and Rowing
In the opening stages of the men's 100m, Jamaica's Usain Bolt will hope to take an early measure of his rival Justin Gatlin of the USA and the British trio James Dasaolu, James Ellington and CJ Ujah. Jessica Ennis-Hill continues the defence of her Olympic heptathlon title in the long jump, for which she recently set a new lifetime best.

Meanwhile, the rowing has reached the finals stage. Britain's men's eight, three-times world champions, will be hoping to clinch the top spot on the podium, but they're likely to face strong opposition from reigning Olympic champions Germany. Hazel Irvine presents, with John Inverdale and Gabby Logan. (S) (HD)

Athletics
1.30 Men's 100m preliminary round
1.40 Women's triple jump qualifying
3.45 Women's heptathlon long jump
4.00 Men's 100m round one
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley, with guests Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson.

Rowing
2.32 Men's single sculls final
2.44 Women's single sculls final
3.04 Women's eight final
3.24 Men's eight final
Commentary by Garry Herbert and James Cracknell, with guest Sir Steve Redgrave.

5.00 BBC News Weather

5.20–10.00 Olympics 2016

5.20 Golf, Badminton, Boxing, Hockey and Sailing
Hazel Irvine introduces further coverage from Rio, on an afternoon that includes action from the third round of the men's golf. (S) (HD)

7.00 Olympics Round-Up
Presented by Clare Balding. (S) (HD)

8.00–10.00 Track Cycling
Among the British cyclists hoping to accelerate towards the medals are Olympic and world sprint champion Jason Kenny, for whom the quarter-finals and semi-finals beckon. Becky James will be gunning to take the Olympic crown in the women's keirin, won in 2012 by now-retired Victoria Pendleton, but there will be fierce competition from world champion Kristina Vogel of Germany. Presented by Clare Balding. (S) (HD)
8.00 Men's sprint quarter-finals, first race
8.18 Men's sprint race for 9th to 12th places
8.22 Women's keirin, second round
8.34 Men's sprint quarter-finals, second race
8.53 Women's team pursuit final
9.21 Men's sprint quarter-finals, third race
9.27 Women's keirin, race for 7th to 12th places
9.33 Women's keirin final
9.41 Men's sprint semi-finals, first race
9.59 Men's sprint semi-finals, second race
Commentary by Simon Brotherton and Chris Boardman, with guests Sir Chris Hoy and Victoria Pendleton.

WHAT I'LL BE WATCHING
TREVOR NELSON

HEPTATHLON
"I love Jessica Ennis-Hill, I love her. I did an interview with her about what she listens to when she is training. You know how athletes have headphones on all the time? They do it to become Zen-like, to concentrate. It turned out she liked my show, so I'll be watching and praying that Jess does it again."

10.00–12 midnight *Switch to* ***BBC2*** *for continuing coverage of the cycling, plus Olympics Round-Up*

10.00 BBC News Weather

10.30pm–11.55 Match of the Day. *See 13–19 August issue for details*

11.55pm–4.00am Olympics 2016

11.55 Athletics, Swimming and Football
Memories of the British gold medals won on 2012's "Super Saturday" will be strong as two big athletics finals take place tonight. Mo Farah has the chance to win another Olympic gold in the men's 10,000m, while in the heptathlon, will fortune favour Jessica Ennis-Hill or team-mate Katarina Johnson-Thompson as their two-day campaign ends? Johnson-Thompson will hoping to put her disappointing showing at the 2015 World Championships in Beijing behind her.

The women's 100m final should be scintillating, with bookies' favourite Dafne Schippers of the Netherlands likely to face Jamaica's Elaine Thompson and Shelly-Ann Fraser-Pryce.

Later there's quarter-final action in the men's football, an event in which the host nation will have considerable hopes. Jason Mohammad presents, with Gabby Logan and Helen Skelton. (S) (HD)

Athletics
12 midnight Women's heptathlon javelin
12.20 Men's pole vault qualifying
12.30 Men's 400m semi-finals
12.50 Men's long jump final
1.00 Women's 100m semi-finals
1.25 Men's 10,000m final
2.05 Men's 800m semi-finals
2.35 Women's 100m final
2.53 Women's heptathlon 800m final

Swimming
2.03 Women's 50m freestyle final
2.11 Men's 1500m final
2.49 Women's 4x100m medley final
3.04 Men's 4x100m medley final
Commentary by Andy Jameson and Adrian Moorhouse.

Football
2.00 Men's last quarter-final

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton, Handball and Volleyball
The group matches continue in the badminton men's and women's singles and doubles and mixed doubles, while the men's preliminary round begins in the volleyball with Iran v Egypt and Argentina v Cuba. There's also coverage of the men's preliminary handball matches. Presented by Ore Oduba. (S) (HD)

2.00pm Athletics and Track Cycling
World champion Allyson Felix of the USA and 2008 Olympic gold medallist Christine Ohuruogu of Team GB are involved in the opening round of the women's 400m, while the medals are decided in the men's discus, in which world champion Piotr Malachowski of Poland and Olympic champion Robert Harting of Germany likely to play a part.

Over at the Velodrome, the women's keirin gets under way. Ore Oduba and Jill Douglas present, with Gabby Logan and Clare Balding. (S) (HD)

Athletics
2.05 Women's 3000m steeplechase round one
2.50 Men's discus final
3.00 Women's 400m round one

Track Cycling
2.00 Women's keirin round one
2.23 Men's sprint, last 16
2.44 Women's keirin repechages
3.07 Men's sprint repechages
3.17 Women's team pursuit semi-finals (S) (HD)

3.30pm Beach Volleyball, Sailing and Football
The men's football quarter-finals take place this afternoon and evening, with kick-offs at 5.00pm, 8.00, 11.00 and 2.00am. Meanwhile there are last-16 matches in the beach volleyball men's and women's competitions.

In sailing, the men's laser, women's laser radial, men's finn, men's 49er, women's 49er FX and mixed nacra competitions all feature at the Marina da Gloria this afternoon. Ore Oduba presents, with Shirley Robertson. (S) (HD)

6.00pm Golf, Basketball and Shooting
Coverage from the third round of the men's golf competition, while in the shooting the men's rapid fire and skeet medals are decided. The basketball continues through its preliminary stage, with the host nation facing neighbours Argentina. Presented by Dan Walker. (S) (HD)

Basketball
6.15 Brazil v Argentina, men's Group B

Shooting
7.00 Men's skeet final

8.00 Tennis, Diving and Trampolining
The women's singles tennis competition features some of the top names in the game, including Serena Williams and Britain's Johanna Konta, with the gold medallist decided tonight.

There's also action from the diving pool, plus the men's individual trampolining final. (S) (HD)

Diving
8.00 Women's 3m springboard semi-final

10.00 Hockey
Great Britain take on the USA in the women's Pool B match. Dan Walker presents, with commentary from Matt Chilton, Simon Mason and Mel Clelow. (S) (HD)

11.30–2.00am Football and Weightlifting
Coverage from the quarter-finals of the men's football, and the medals are decided in the men's 94kg weightlifting. Dan Walker presents.

2.00–4.00am *BBC4 is showing regular programmes. See issue for 13–19 August*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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DAY 8

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ATHLETICS

1.30pm–4.50 Men's 100m preliminaries from 1.30; round one from 4.00; women's triple jump qualifying from 1.40; women's 3,000m steeplechase round one from 2.05; men's discus final from 2.50; women's 400m round one from 3.00; women's heptathlon, long jump from 3.45; men's 100m round one from 4.00

12 midnight–3.15am Women's heptathlon, javelin from 12 midnight and 1.15; men's pole vault qualifying from 12.20; men's 400m semi-finals from 12.30; men's long jump final from 12.50; women's 100m semi-finals at 1.00; final at 2.35; men's 10,000m final at 1.25; men's 800m semi-finals from 2.05; women's heptathlon, 800m from 2.53

BADMINTON

● **12 noon–6.00pm** Group matches: men's singles and doubles, women's singles and doubles, mixed doubles

● **7.30pm–10.00** Group matches: men's singles and doubles, women's singles and doubles, mixed doubles

● **11.30pm–3.00am** Group matches: men's singles and doubles, women's singles and doubles, mixed doubles

BASKETBALL

4.15pm–9.15 Women's preliminaries: Australia v Belarus (4.15); Turkey v Brazil (7.30). ● Men's preliminary match: Argentina v Brazil (6.15)

9.45pm–4.15am Women's preliminary match: Japan v France (9.45). ● Men's preliminaries: Spain v Lithuania (11.00); Croatia v Nigeria (2.30)

BEACH VOLLEYBALL

3.00pm–4.50 Men's and women's last-16 matches

7.00pm–8.50 Men's and women's last-16 matches

● **11.00pm–12.50am** Men's and women's last-16 matches

● **3.00am–4.50** Men's and women's last-16 matches

BOXING

● **3.00pm–6.00** Men's: flyweight last-32 bouts from 3.00; welterweight quarter-finals from 4.15; heavyweight semi-finals from 4.45; super-heavyweight last-16 bouts from 5.00

● **9.00pm–12 midnight** Men's: flyweight last-32 bouts from 9.00; welterweight quarter-finals from 10.15; heavyweight semi-finals from 10.45; super-heavyweight last-16 bouts from 11.00

CYCLING – TRACK

2.00pm–3.40 Women's keirin: first round at 2.00; repechages at 2.44; men's sprint: last-16 at 2.23; repechages from 3.07; women's team pursuit: first round at 3.17

8.00pm–10.25 Men's sprint: quarter-finals from 8.00; 9th to 12th place deciders 8.18; semi-finals from 9.41; 5th to 8th place deciders 10.17; women's keirin: second round from 8.22; finals from 9.27; women's team pursuit: finals from 8.53

DIVING

● **8.00pm–9.40** Women's 3m springboard: semi-final

FENCING

1.00pm–6.30 Women's team sabre: last-16 from 1.00; quarter-finals from 2.15; 5th-8th place classification from 3.30; semi-finals from 4.30; play-offs to decide 5th-8th place from 5.45

● **9.00pm–11.35** Women's team sabre: bronze-medal match at 9.00; final at 10.15

FOOTBALL

● **5.00pm–7.00** Men's quarter- final: Group D winners v Group C runners-up

● **8.00pm–10.00** Men's quarter- final: Group B winners v Group A runners-up

● **11.00pm–1.00am** Men's quarter- final: Group C winners v Group D runners-up

● **2.00am–4.00** Men's quarter- final: Group A winners v Group B runners-up

GOLF

● **11.30am–8.00pm** Men's individual stroke play, round 3

GYMNASTICS

● **6.00pm–8.30** Men's trampolining: qualification round from 6.00; final from 7.35

HANDBALL

1.30pm–5.00 Men's preliminary matches: Slovenia v Germany (1.30); Croatia v France (3.30)

6.40pm–10.10 Men's preliminary matches: Denmark v Qatar (6.40); Egypt v Brazil (6.40)

11.50pm–3.20 Men's preliminaries: Sweden v Poland (11.50); ● Argentina v Tunisia (1.50)

HOCKEY

● **2.00pm–6.15** Women's Pool B/Pool A matches: Argentina v India (2.00); Netherlands v Germany (4.30)

9.00pm–2.15am Women's Pool A/Pool B matches: South Korea v Spain (9.00); ● Great Britain v USA (10.00); Australia v Japan (11.30); ● China v New Zealand (12.30)

ROWING

● **12.50pm–3.40** Finals: men's single sculls from 12.50; women's single sculls from 1.00; women's eights from 2.40; men's eights from 3.00

SAILING

● **5.00pm–9.35** Men's: Laser, Finn, 49er, RS:X. Women's: Laser Radial, 49er FX. Mixed Nacra 17 (Reserve day: men's RS:X, 470; women's RS:X, 470)

SHOOTING

1.00pm–8.30 Men's 25m rapid-fire pistol qualifications from 1.00; finals from 4.30; men's skeet qualifications from 1.30; finals from 7.00

SWIMMING

● **2.00am–3.40** Women's 50m freestyle final at 2.03; men's 1500m freestyle final at 2.11; women's 4x100m medley relay final at 2.49; men's 4x100m medley relay final at 3.04

TABLE TENNIS

2.00pm–5.00 Women's team quarter-final matches

● **7.00pm–10.00** Men's team first-round matches

● **11.30pm–2.30am** Women's team quarter-finals

TENNIS

● **4.00pm–12 midnight** Women's singles final; bronze-medal matches in the women's singles, men's singles, women's doubles, mixed doubles

VOLLEYBALL

● **1.30pm–5.20** Men's preliminary matches: Islamic Republic of Iran v Egypt; Argentina v Cuba

7.00pm–10.50 Men's preliminary matches: Poland v Russian Federation; USA v France

● **12.30am–4.20** Men's preliminary matches: Canada v Mexico; Brazil v Italy

WATER POLO

1.00pm–6.20 Women's preliminary rounds: China v Spain (1.00); Russian Federation v Italy (2.20); Australia v Brazil (3.40); Hungary v USA (5.00)

WEIGHTLIFTING

● **7.30pm–9.30** Men's 94kg: Group B

● **11.00pm–1.00am** Men's 94kg: Group A; final

WATCH ONLINE or on the RED BUTTON

ACTION IMAGES/MATTHEW CHILDS

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

NUMBER ONE
Usain Bolt is going all out for a third golden sprint double

PICK OF THE ACTION

Athletics: Men's 100m Final

2.25am ***BBC1***

In Usain Bolt's mind, for a number of years now, this has been his last Olympics. He's not had an ideal run-in, picking up an injury to his hamstring so close to the Games. The problem was bad enough for him to go to Germany to consult Hans-Wilhelm Müller-Wohlfahrt, the doctor whom Bolt has relied on in the past. Bolt's closest rival is Justin Gatlin [not alone among leading sprinters in being tainted by an association with drugs] and he knows that the American is a real threat. At a race I saw early this season, Bolt looked in great shape, much better than is usual at that stage. He's taking nothing for granted. He wants the treble treble. **Darren Campbell**

JUMPING THE GUN

"When you're on the start line for the 100m, you'll have gone through every routine a thousand times," says Olympic silver medallist Darren Campbell. "The only variable is the gun. Some starters hold you a long time between the 'set' and firing. Gone are the days when you'd try to predict when the starter would fire. When I ran, you were allowed two false starts. Now, if anyone false-starts, they are immediately disqualified. No exceptions. It's not worth the risk."

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Tennis: Men's Singles

4pm ***BBC4***

London 2012 was the event that sparked a golden year for Andy Murray: Olympic gold, US Open title, his first Wimbledon title. The Olympics have always meant a huge amount to him. He loved going to Beijing in 2008, but, by his own admission, took his eye off the ball in terms of preparation and lost in the first round. In London he was ruthless. He didn't stay in the Athletes' Village; he won't again in 2016. It might be less fun, but the fun for Andy comes in competing for his country. It does for Novak Djokovic, too. Many people thought winning the Davis Cup in 2010 was the spark he needed to dominate the sport. Bringing gold home for Serbia is very much on his agenda. **Russell Fuller**

Gymnastics: Men's Pommel Horse

7.30pm ***BBC1***

We could see British gymnastics' first ever Olympic gold today. Max Whitlock and **Louis Smith** (above, appearing in *Strictly Come Dancing* with Flavia Cacace) are in a straight shootout for the pommel horse title. One factor is that, come the final, Louis might have done only four different routines. But Max, who is in the team events, could have done more than 20. If I was Max, I'd be thinking Louis had it easy! **Craig Heap**

Cycling: Men's Sprint

9.04pm ***BBC1***

Tonight's individual sprint finals will be a huge challenge for Britain's Jason Kenny – but the way the Olympic champion handles pressure is unbelievable. Think back four years: Chris Hoy was the defending Olympic champion, looking to replicate his Beijing performance and win three gold medals. But the British team said no: Kenny would ride the individual sprint, and Hoy would only ride the keirin and the team sprint. Decision made, only a gold medal was going to be good enough. That's how much pressure Kenny was under – and he nailed it. He's still among the top riders in the world, despite a rocky few years. He's only 28, and has a great chance of becoming Olympic champion again. **Jill Douglas**

WHY WATCH?

ATHLETICS: WOMEN'S MARATHON *1.30pm* ***BBC1***

There's been a men's marathon at every modern Olympics, but women weren't allowed to go the distance until 1984. Running was considered "too great a call on feminine strength", as the *New York Times* put it in 1928. Between then and 1960, female athletes could race no further than 200m.

DID YOU KNOW?

This will be the first Games since 1984 where male boxers compete without headguards. Research from the Amateur Boxing Association showed that the number of concussions fell when boxers went headgear-free.

GOLDS TODAY

ATHLETICS Women's Marathon *1.30pm*, **Women's Triple Jump** *12.55am*, **Men's 400m** *2am*, **Men's 100m** *2.25am* **BOXING Men's Light Flyweight** *6.15pm* **CYCLING Men's Sprint** *9.04pm* **Women's Sprint** *9.12pm* **DIVING Women's 3m Springboard** *8pm* **FENCING Men's Épée Team** *10.30pm* **GYMNASTICS Men's Floor** *6pm*, **Women's Vault** *6.45pm*, **Men's Pommel Horse** *7.30pm*, **Women's Uneven Bars** *8.15pm* **SAILING Men's RS:X Windsurfer** *5pm*, **Women's RS:X Windsurfer** *6pm* **SHOOTING Men's 50m Rifle 3 Positions** *5pm* **TENNIS Men's Singles** *4pm*, **Women's Doubles** *9pm*, **Mixed Doubles** *12 midnight* **WEIGHTLIFTING Women's +75kg** *11pm* **WRESTLING Men's 59kg** *9.30pm*, **Men's 75kg** *10.30pm*

WHY WATCH IT...

Greco-Roman Wrestling

It may look like the most basic sport of the Games, but the ancient sight of hand-to-hand combat hides very modern attention to detail. The aim of both freestyle and Greco-Roman wrestling is to pin your opponent to the floor by the shoulders. Wrestlers also earn points for specific moves – a "five-point takedown" is the most impressive, when a wrestler throws their opponent so smartly that their feet go above their head. Wrestlers can't talk during a bout – no sledging here – and they're also forbidden to do anything "with the intention of torturing the opponent" – the rule book's words, not ours. That means genital grabbing, hair-pulling, and all the other usual playground tactics. Bouts consist of two rounds of three minutes each. If there's no match-winning throw in that time, the wrestler with more points wins.

Wrestling: Greco-Roman
9.30pm ***Red Button+/online***

GETTY; PA; SVEN ARNSTEIN

BBC1

6.00am Olympic Breakfast
Catch up on the latest developments from the games, with Charlie Stayt and Louise Minchin based in Salford and presenters including Dan Walker, Ore Oduba and Kat Downes in Rio. Plus the news, weather and regional bulletins. (S) (HD)

9.15am–1.00pm *Switch to* ***BBC2*** *for a replay of last night's action. Athletes Jessica Ennis-Hill, Mo Farah and Greg Rutherford were all defending their titles. Introduced by Jason Mohammad.*

9.15–1.00pm *BBC1 is showing regular programmes every morning. See issue of Radio Times 13–19 August for details.*

1.00pm–5.00 Olympics 2016

1.00pm Athletics and Boxing
The women's marathon takes centre stage this afternoon. At the 2012 Olympics, Tiki Gelana from Ethiopia won the gold medal, completing the course in an Olympic record-breaking time of 2 hours 23 minutes and 7 seconds. Kenya's Priscah Jeptoo took silver while Tatyana Petrova Arkhipova, representing Russia, took bronze.

In the boxing rings at Riocentro Pavilion 6, the first of the day's two sessions will be under way. Among the bouts are the preliminaries in the women's middleweight, the men's bantamweight preliminaries, the men's lightweight semi-finals and the men's light welterweight preliminaries. Hazel Irvine introduces the ninth day of competition.

Athletics
1.30 Women's marathon

5.00–6.30 *Switch to* ***BBC2*** *for coverage of the sailing RS:X windsurfing medal race and gymnastics men's floor final.*

5.00–6.00 *BBC1 is showing regular programmes. See issue of Radio Times 13–19 August for details.*

6.00 BBC News Weather

6.30pm–10.00 Olympics 2016

6.30–10.00 Gymnastics and Cycling
Max Whitlock, Louis Smith and Jason Kenny will be among the British athletes targeting gold as the ninth day of the Olympics continues.

Gymnasts Whitlock and Smith won gold and silver respectively on the pommel horse at last year's World Championships. It is one of three apparatus finals to be held today. Becky Downie will be another harbouring hopes of a medal. She is the current European champion on uneven bars, an event in which Beth Tweddle, now retired, won bronze for GB in 2012.

In track cycling, reigning world sprint champion Jason Kenny will be hoping to retain the Olympic title he sped to in London as three sets of races are held to decide both the bronze-medal place and who will win gold. (S) (HD)

Gymnastics
6.44 Women's vault final
7.29 Men's pommel horse final
8.14 Women's uneven bars final
Matt Baker presents. Commentary is from Matt, Craig Heap, Christine Still and Beth Tweddle.

Track Cycling
9.04 Men's sprint bronze decider and final, race 1
9.12 Women's sprint last-16 races
9.42 Men's sprint bronze decider and final, race 2
9.42 Men's omnium individual pursuit

10.00–11.30 *Switch to* ***BBC2*** *for coverage from the track cycling, with the men's omnium individual pursuit continuing, followed by the third race in the men's sprint final at 10.47, and the women's sprint last-16 repechages at 10.51.*

10.00 BBC News Weather

10.30–11.30 *BBC1 is showing regular programmes. See RT issue for 13–19 August.*

WHAT I'LL BE WATCHING
ANDREW CASTLE

MEN'S 100M SPRINT
"The blue ribband event is always the men's 100m sprint. And I love watching middle-distance 800m and 1500m runners, too – men and women. With all the silly stuff we talk about, food, obesity and the rest, they show that you don't need some weird diet – just look at what you can do with proper meals and exercise. These people work hard and they look great!"

11.30pm–3.00am Olympics 2016

11.30 Track Cycling and Athletics
The last event of the day at the Velodrome is the elimination race in the men's omnium, which was won by Denmark's Lasse Norman Hansen at the 2012 Games, with Team GB's Ed Clancy taking bronze. This year, the Manx rocket Mark Cavendish will be hoping to follow his Tour de France sprinting heroics by putting pressure on the medal hopefuls here.

But Usain Bolt – who else? – will be the main attraction as the men's 100m semi-finals and final take place in Rio. The Jamaican suffered a hamstring tear earlier in the summer, raising doubts over his ability to win a third successive Olympic sprint treble of 100m, 200m and 4x100m relay. But Bolt has consistently risen to the occasion in major championships over the years and at the recent London Anniversary Games he proved in the 200m that he is in fine form once more. As he was in 2012, controversial American Justin Gatlin was the man in form going into the Games and will be the main threat to Bolt as the latter seeks to cement his legacy.

There's another men's sprint title to be decided in the 400m, with Kirani James defending his title, which was the first Olympic medal that Grenada had won in any sport. The night's other final is in the women's triple jump, with Kazakhstan's Olga Rypakova returning to defend her title from 2012. The line-up for the finals of the women's 400m and 1500m and men's high jump are all due to be decided. (S) (HD)

Track Cycling
11.42 Men's omnium elimination race
Athletics
12.30am Men's high jump qualifying
12.35 Women's 400m semi-finals
12.55 Women's triple jump final
1.00 Men's 100m semi-finals
1.30 Women's 1500m semi-finals
2.00 Men's 400m final
2.25 Men's 100m final
Commentary comes from Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

3.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton, Hockey and Volleyball
Featuring preliminaries in the men's and women's badminton singles, the first men's hockey quarter-final and action from the women's volleyball preliminaries. Ore Oduba introduces the coverage. (S) (HD)

Hockey
2.00 Men's first quarter-final
Commentary comes from Matt Chilton, Simon Mason and Mel Clewlow.

4.00 Tennis and Hockey
The finals of the men's singles, women's doubles and mixed doubles take place today. Heather Watson and defending singles champion Andy Murray are both in the British team after winning Wimbledon titles last month – can they replicate that success in Rio? (S) (HD)

Hockey
4.30 Men's second quarter-final.

6.00 Sailing, Golf and Boxing
On the water, there is a good chance of British success in the women's RS:X windsurfing medal race, with world number one Bryony Shaw. The 33-year-old, who won silver at this year's World Championships and earned Olympic bronze in 2008, is still seeking a first Olympic title. Her likely rivals include the last three world champions, China's Peina Chen, Malgorzata Bialecka of Poland and France's Charline Picon.

The first Olympic golf champion for 112 years is decided, as the men's competition draws to a close. With more than half of the world's top ten opting not to compete, there were high hopes of success for Masters champion Danny Willett and fellow Brit Justin Rose.

Ireland's light flyweight Paddy Barnes will hope to be in action in the boxing ring, to add a silver or gold to the two Olympic bronzes he won in 2008 and 2012. (S) (HD)

Sailing
6.00 Women's RS-X medal race
Presented by Shirley Robertson, with commentators Niall Myant and Ian Walker.

Golf
6.00 Conclusion of the men's final round

Boxing
6.15 Men's light flyweight final
Presented by John Inverdale. Commentary by Ronald McIntosh and Richie Woodhall, with expert analysis from guest Anthony Joshua.

8.00–2.00am Track Cycling, Diving, Hockey, Beach Volleyball and Weightlifting
A busy night at the Velodrome continues, with coverage of the men's omnium 15km scratch race. At the Maria Lenk Aquatics Centre, Rebecca Gallantree and Grace Reid will be hoping to feature in the women's 3m diving final. And the third and fourth quarter-finals in the men's hockey also take place this evening.

The emblematic Rio de Janeiro sport of beach volleyball has finally "come home" after first being introduced at Atlanta in 1996. The women's quarter-finals are played tonight. (S) (HD)

Diving
8.00 Women's 3m final

Beach Volleyball
8.00, 9.00
Women's quarter-finals.

Hockey
10.00, 12.30am Men's quarter-finals

Weightlifting
11.00 Women's 75kg+ final

2.00–4.00am *BBC4 is showing regular programmes. See Radio Times issue 13–19 August.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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Red button/Online

DAY 9

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ATHLETICS	● **1.30pm–4.45** Women's marathon		● **12.20am–2.30** Men's high jump qualification from 12.30am; women's 400m semi-finals from 12.35; women's triple jump final from 12.55; men's 100m semi-finals from 1.00; final at 2.25; women's 1500m semi-finals from 1.30; men's 400m final at 2.00
BADMINTON	● **12 noon–5.30pm** Men's and women's singles, group matches	● **7.30pm–10.00** Men's and women's singles, group matches	● **11.30pm–2.30am** Women's singles, group matches; mixed doubles quarter-finals
BASKETBALL	**4.15pm–6.00** Women's preliminary match: China v USA	**6.15pm–9.15** ● Men's preliminary match: USA v France (6.15). Women's preliminary match: Senegal v Serbia (7.30)	**9.45pm–4.15am** Women's preliminary: Spain v Canada (9.45). ● Men's preliminaries: Australia v Venezuala (11.00); Serbia v China (2.30am)
BEACH VOLLEYBALL		● **8.00pm–9.50** Women's quarter-finals	● **1.00am–4.50** Women's quarter-finals
BOXING	● **3.00pm–6.45** Last-16 bouts: women's middleweight at 3.00; men's bantamweight at 3.30; light-welterweight at 4.45. Men's lightweight semi-finals at 4.30; light-heavyweight quarter-finals at 5.45; light-flyweight final at 6.15		● **9.00pm–12.15am** Last-16 bouts: women's middleweight at 9.00; men's bantamweight at 9.30; men's light-welterweight at 10.45. Men's lightweight semi-finals from 10.30; light-heavyweight quarter-finals from 11.45
CYCLING – TRACK		**8.00pm–12 midnight** Women's sprint 200m time trial: qualifying from 8.00; last-16 from 9.12, 10.51. Men's omnium 15km scratch race at 8.40; 4km individual pursuit at 9.50; elimination race at 11.42. Men's sprint finals at 9.04, 9.42, 10.47	
DIVING		● **8.00pm–9.30** Women's 3m springboard final	
EQUESTRIAN – SHOWJUMPING	● **2.00pm–5.40** Individual showjumping: qualification		
FENCING	**1.00pm–7.30** Men's team épée: last-16 matches from 1.00; quarter-finals from 2.30; 5th to 8th place classification from 4.00; semi-finals from 5.15; 5th to 8th place deciders from 6.30		● **9.00pm–11.50** Men's team épée: bronze-medal match from 9.00; final from 10.30
GOLF	● **11.00am–7.50pm** Men's individual stroke play: final day		
GYMNASTICS		**6.00pm–9.00** Artistic finals: men's floor exercise from 6.00; women's vault from 6.44; men's pommel horse from 7.29; women's uneven bars from 8.14	
HANDBALL	**1.30pm–5.00** Women's preliminary matches: ● Montenegro v Brazil (1.30); Sweden v France (3.30)	**6.40pm–10.10** Women's preliminary matches: Netherlands v Russia (6.40); Norway v Romania (8.40)	● **11.50pm–3.20am** Women's preliminary matches: Spain v Angola (11.50); Argentina v South Korea (1.50am)
HOCKEY	● **2.00pm–6.45** Men's quarter-final matches at 2.00, 4.30		● **10.00pm–2.45am** Men's quarter-final matches at 10.00, 12.30am
SAILING	● **5.00pm–8.45** Medal races in the men's and women's RS:X. Rounds in the men's Finn, 470 and 49er; women's 470; mixed Nacra 17. (Reserve day: men's 49er and Laser; women's 49er FX and Laser Radial)		
SHOOTING	**1.00pm–6.30** Men's 50m rifle three-position: qualification at 1.00; final at 5.00		
SYNCHRONISED SWIMMING	● **3.00pm–5.15** Women's duet: free routine qualifiers		
TABLE TENNIS	● **2.00pm–5.00** Men's team: quarter-finals	● **7.00pm–10.00** Men's team: quarter-finals	● **11.30pm–2.30am** Women's team: semi-final
TENNIS	● **4.00pm–12 midnight** Gold-medal matches in the men's singles, women's doubles, mixed doubles		
VOLLEYBALL	**1.30pm–5.20pm** Women's preliminary matches: Serbia v Netherlands (1.30); South Korea v Cameroon (3.35)	● **7.00pm–10.50** Women's preliminary matches: Italy v Puerto Rico (7.00); USA v China (9.05)	● **12.30am–4.20** Women's preliminary matches: Japan v Argentina (12.30am); Brazil v Russia (2.35)
WATER POLO	**4.50pm–10.10** Men's preliminaries: Montenegro v Spain (4.50); Australia v Greece (6.10); USA v Italy (7.30); France v Croatia (8.50)		**11.30pm–2.10am** Men's preliminaries: Serbia v Japan (11.30); ● Brazil v Hungary (12.50am)
WEIGHTLIFTING			● **11.00pm–1.00am** Women's +75kg: Group A final
WRESTLING	**2.00pm–5.00** Men's Greco-Roman 59kg and 75kg: qualifiers and eliminations	**8.00pm–11.00** Men's Greco-Roman 59kg and 75kg: repechages; bronze-medal matches at 9.00, 10.00; finals at 9.30, 10.30	

WATCH ONLINE or on the RED BUTTON

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PICK OF THE ACTION

Swimming: Women's 10km Marathon *12 noon BBC2*

There's no chlorine to contend with in this open water event, as marathon swimming leaves the close confines of the pool lanes and heads to the Atlantic Ocean. Scunthorpe-born Jack Burnell will compete in the men's event tomorrow over the same distance, but today it's Keri-Anne Payne taking the plunge for GB in the women's. Swimmers race over a 10km course just off Rio's Copacabana Beach. The field of 25 athletes is expected to take roughly two hours to complete the course, although tides, waves and wind can have a big impact. The water temperature is checked before the race and must be between 16 and 31 degrees Centigrade. Swimmers wear chips round their wrists to track their progress. Just like pool swimming, the race isn't over until competitors touch the panel at the finish line. **James Gill**

Canoe Sprint: Men's and Women's

1pm ***BBC4***

Sprint racing is completely different to the white-water slalom. It's a head-to-head with up to eight boats in nine lanes. In the kayak, up to four people sit in one boat. The canoeists, featuring either one- or two-person boats, hold the most incredible position: they kneel up on one knee while stretching out with one paddle. **Helen Reeves**

Equestrian: Dressage Individual

2pm ***BBC1***

In dressage it should all be flowing and effortless. You can tell things aren't going right if it looks like hard work, or the horse is swishing its tail and looking grumpy. More formal than the other disciplines – smart arena and posh tailcoats – dressage is fun to watch and dramatic, too. GB's Charlotte Dujardin will be the one to beat. **Ian Stark**

Cycling: Men's and Women's Omnium

2.21pm ***BBC4***

The omnium is the heptathlon of the cycle track. Riders must prove themselves against both the clock and their rivals across six different types of race, from flying lap to time trial. They need to be punchy sprinters, but also savvy racers in a bunched race. Mark Cavendish is racing for Team GB in the men's event, having quit this year's Tour de France early

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TIDE AND TIME
The Atlantic plays host to the Games's ultimate swimming endurance event

Athletics: Women's 400m Final

2.45am ***BBC1***

She may not hit the headlines in the UK, but Allyson Felix of the US is a true star of track and field. The four-time Olympic champion took the 200m title in London 2012, but goes into this year's Games as the 400m world champion. The pressure on her to win both the 200m and 400m in Rio and replicate Michael Johnson's 1996 achievement was immense – organisers had even changed the schedule to accommodate her – but her team-mates in the US trials had other ideas. Missing out on a place in the 200m by a mere hundredth of a second, she'll now focus on the 400m and the relays. **James Gill**

Boxing: Men's Heavyweight Final

11.15pm ***BBC1***

Britain had a great boxing medal haul in 2012, winning three golds, a bronze and a silver. This year's 12-strong team – ten men, two women – might not have the same profile, but I still think they will come away with a haul exceeding that, in quantity if not quality. The best medal prospects lie in the future; for one or two competing in today's categories, Rio might be a little too soon. For example we've got a brilliant heavyweight fighter in Lawrence Okolie, a 23-year-old from Hackney in east London. If the Olympics were in two years' time, I reckon Okolie would be nailed on for gold, but right now he'll have to fight out of his skin to get near a medal. **Steve Bunce**

ONE TO WATCH

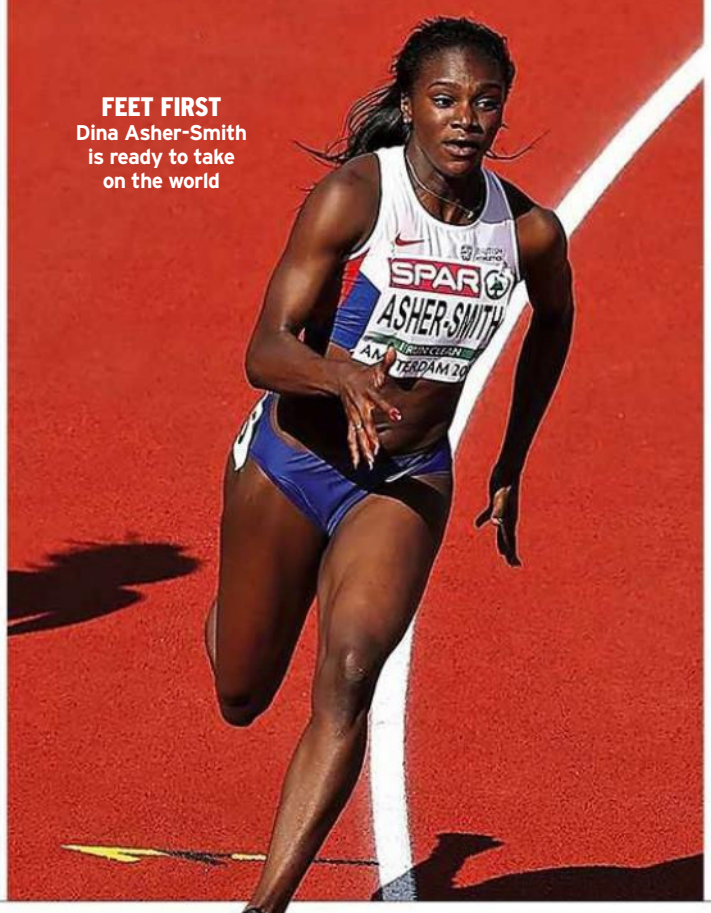
David Rudisha is a legend of the track, a Kenyan who holds the three fastest ever times over 800m. But the gold medallist from London 2012 is vulnerable. Injury cost him the 2013 season. He recovered to win the 2015 World Championships, but this year only just scraped into the Kenyan team.

STAY UP FOR

GRECO-ROMAN WRESTLING
11.30pm ***Red Button+/online***
Tonight's 130kg wrestling bouts are the biggest weight categories of the competition and feature some big athletes. Choke-holding, body-tossing, muscles flexed to the max – it may not be pretty, but it's great late-night entertainment.

Athletics: Women's 200m *1.35pm BBC2*

Rio 2016 will be a totally new experience and it's hard to know how Team GB's athletes will adapt. They're young, away from home, experiencing their first Olympics. But I look at the team and the likes of 20-year-old Dina Asher-Smith make me confident. The transition from junior to senior athletics is tough. You go from always winning to rarely winning. It's temporary, though – you soon catch up with physically stronger athletes. Dina is mature enough to understand that, and she went to the European Championships and won – an important first step. She'll be going into the Games with confidence. **Darren Campbell**



FEET FIRST
Dina Asher-Smith is ready to take on the world

in order to focus on the Olympics, in which he has yet to win a medal. Britain's Laura Trott, meanwhile, is defending her title in the women's event. Cavendish finished sixth in the World Championships, but write him off at your peril. The one event no one will want to miss is the elimination race (women from 10.17pm). Track riders call it "the Devil": every second lap, the person in last place is knocked out. "The Devil take the hindmost," as the saying goes. The good news is, Laura Trott is an elimination specialist. **Jill Douglas**

GOLDS TODAY

ATHLETICS Women's Steeplechase *3.15pm*, Women's Hammer *2.40pm*, Men's Pole Vault *12.35am*, Men's 800m *2.25am*, Women's 400m *2.45am* **BOXING** Men's Heavyweight *11.15pm* **CYCLING** Men's Omnium *2.21pm* **EQUESTRIAN** Dressage Individual *2pm* **GYMNASTICS** Men's Rings *6pm*, Women's Beam *6.45pm*, Men's Vault *7.30pm* **SAILING** Men's Laser *5pm*, Women's Laser Radial *6pm* **SWIMMING** Women's 10km *12 noon* **WEIGHT-LIFTING** Men's 105kg *7.30pm* **WRESTLING** Men's 85kg *9.30pm*, Men's 130kg *10.30pm*

GETTY

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Louise Minchin round up the latest news, while the presenters in Rio preview today's events at the Games. (S) (HD)

9.15am–1.45pm *Switch to* ***BBC2*** *for replay of last night, plus live coverage of the open water swimming and athletics from 12.50pm.*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See issue of Radio Times 13–19 August for details.*

1.45pm–6.00 Olympics 2016

1.45pm Open Water Swimming and Athletics
Continuing coverage of the women's open water 10km. Great Britain's Keri-Anne Payne, who just missed out on a medal in London four years ago, will be hoping she's in a good position to take on the leaders at this stage of the swim.

Back in the athletics stadium, tension will be building with two women's finals on the go – the 3,000m steeplechase and the hammer. Plus the men go out for the first round of the 400m hurdles, with Jack Green and Sebastian Rodger flying the flag for Great Britain. Presented by Hazel Irvine, with Gabby Logan. (S) (HD)

Athletics
2.25 Men's steeplechase round one
2.40 Women's hammer final
3.15 Women's steeplechase final
3.30 Men's 400m hurdles round one
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley, with guests Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson.

4.15–6.00 Equestrian and Badminton
Olympic and world champion dressage rider Charlotte Dujardin from Great Britain goes for individual gold once more, as she undertakes the dressage grand prix freestyle with her equine "dancing partner" Valegro, the record-breaking star of London 2012. One of her most likely challengers will be her team-mate and mentor Carl Hester, riding Nip Tuck, who has shown great promise this season.

Plus coverage of the badminton men's and women's doubles quarter-finals as the contenders vie for places in the next round Presented by Hazel Irvine, with Lee McKenzie. (S) (HD)

Equestrian
4.15 Individual dressage grand prix freestyle
Commentary from Michael Tucker, Ian Stark and Andy Austin.

6.00–7.00 *Switch to* ***BBC2*** *for live gymnastics, including the men's rings and men's vault finals.*

6.00 BBC News Weather

7.00–8.00 Olympics 2016

7.00 Gymnastics
The battle for gold in the men's vault continues, as the pressure mounts in the apparatus finals. Elsewhere, all eyes will be on Simone Biles, the USA's two-time world champion on the beam, as she steps out in an attempt to secure victory. Presented by Clare Balding, with Matt Baker. (S) (HD)
7.42 Women's beam final
Commentary from Craig Heap and Christine Still, with guest Beth Tweddle.

8.00–8.30 *Switch to* ***BBC2*** *for more coverage of the gymnastics and men's omnium cycling.*

8.00–8.30 EastEnders
See Radio Times issue 13–19 August for details

8.30–10.00 Olympics 2016

8.30 Track Cycling
Action from the Velodrome, including the points race of the men's omnium, featuring Mark Cavendish, and the second event of the women's omnium, the individual pursuit, in which 2012 Olympic champion Laura Trott will be hoping to make her mark. Clare Balding presents. (S) (HD)

10.00–10.45 *Switch to* ***BBC2*** *for continuing coverage of the track cycling omnium*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Olympics Round-up
Mark Chapman and Clare Balding present the latest news from the Games. (S) (HD)

11.00 Boxing
Clare Balding and John Inverdale introduce tonight's boxing finals, as the men's heavyweights go head to head. With commentary from Ronald McIntosh and Richie Woodhall, plus analysis from guest Anthony Joshua. (S) (HD)

12 midnight Athletics
Barring any major upsets, American world champion Allyson Felix, the clear favourite in the 400m, should be in action in tonight's final. Britain's Christine Ohuruogu, the 2008 Olympic gold medallist, will be aiming to put her under pressure, although the Bahamas' Shaunae Miller will also be one to watch following her silver medal at the 2015 World Championships in Beijing.

Meanwhile, Kenyan David Rudisha, who broke the 800m world record in stunning style in 2012, will be hoping to produce some of the same magic in the final of that event. Presented by Jason Mohammad, with Gabby Logan. (S) (HD)
12.30am Women's discus qualifier
12.35 Men's pole vault final
12.40 Men's 110m hurdles round one
1.30 Women's 400m hurdles round one
2.25 Men's 800m final
2.45 Women's 400m final

Commentary comes from Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley, with guests Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson.

3.00–4.00am Beach Volleyball
Coverage moves to Copacabana beach for the men's quarter-finals in the beach volleyball. Presented by Jason Mohammad. (S) (HD)

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

WHAT I'LL BE WATCHING
BEN MILLER

800M, 1500M RUNNING
"It's the middle-distance running for me, I used to do that at school. I love anything from 10,000m down – 800m, 1500m, and all that. Those races are so exciting, and it's bloody impossible to sprint, but they basically sprint them nowadays. Just incredible to watch."

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Athletics, Swimming and Canoeing
Latest news from the final stages of the women's open water 10km race, and updates from the ongoing athletics.

Plus there's plenty of canoeing action from the Lagoa Stadium. Ore Oduba presents. (S) (HD)

Canoeing
1.00 Men's C1 1,000m heats
1.24 Women's K2 500m heats
Commentary by Patrick Winterton and Helen Reeves.

2.00 Athletics, Track Cycling and Canoeing
More updates from the athletics and canoeing events. At the Velodrome, the pressure is on for Britain's Laura Trott as she continues her title defence in the women's omnium. (S) (HD)

Track Cycling
2.00 Women's sprint last 16
2.21 Men's omnium time trial
2.50 Women's sprint repechages
2.59 Women's omnium scratch race

3.30 Hockey and Badminton
News of the action and results as the quarter-finals of the women's hockey get under way. Plus results from the badminton men's doubles quarter-finals, and play begins in the women's doubles quarter-finals. (S) (HD)

Badminton
3.30 Women's doubles quarter-final

4.00 Hockey and Sailing
The women's hockey quarter-finals continue, while at sailing venue Pao de Acuzar the medals are decided in the finals of the women's Laser Radial. World champion Alison Young from Britain will be going for gold. Introduced by Ore Oduba, with Shirley Robertson. (S) (HD)

Hockey
4.30 Women's quarter-final

Sailing
5.05 Women's Laser Radial final
Commentary by Niall Myant and Ian Walker.

6.00 Sailing, Handball and Volleyball
At Pao de Acuzar, Britain's world champion Nick Thompson aims for victory in the men's Laser. Plus coverage and results from the preliminaries in men's handball and volleyball. Introduced by Dan Walker, with Shirley Robertson. (S) (HD)

Handball
6.40 Men's preliminary matches

Sailing
6.05 Men's Laser final
Commentary by Niall Myant and Ian Walker.

8.00 Beach Volleyball and Badminton
Action from Copacabana beach and the Riocentro Pavilion 4, introduced by Dan Walker. (S) (HD)

Beach Volleyball
8.00 Men's quarter-final

Badminton
9.30 Men's singles last 16 matches

10.00–2.00am Hockey and Weightlifting
The final of the men's 105kg weightlifting, plus more hockey action from the women's quarter-finals. Presented by Dan Walker. (S) (HD)

Hockey
10.00 Women's quarter-final
With commentary by Matt Chilton, Simon Mason and Mel Clewlow.

Weightlifting
11.00 Men's 105kg final

2.00–4.00am *BBC4 is showing regular programmes. See Radio Times issue 13–19 August*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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Red button/Online DAY 10

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ATHLETICS	**1.30pm–4.10** Men's triple jump qualifiers from 1.30; women's 200m round one from 1.35; men's 3,000m steeplechase round one from 2.25; women's hammer throw final at 2.40; women's 3,000m steeplechase final at 3.15; men's 400m hurdles round one from 3.30		● **12.15am–2.50** Women's discus qualification from 12.30am and 1.50; men's pole vault final from 12.35; men's 110m hurdles round one from 12.40; women's 400m hurdles, round one from 1.30; men's 800m final at 2.25; women's 400m final at 2.45
BADMINTON	● **12.30pm–5.30** Men's singles group matches; men's doubles quarter-finals; women's doubles quarter-finals		● **9.30pm–3.00am** Men's singles last-16 matches; women's singles last-16; mixed doubles semi-finals
BASKETBALL		● **6.15pm–8.00** Men's preliminary match: Nigeria v Brazil	● **11.00pm–12.45am** Men's preliminary match: Spain v Argentina ● **2.30am–4.15** Men's preliminary match: Lithuania v Croatia
BEACH VOLLEYBALL		**8.00pm–9.50** Men's quarter-finals (8.00, 9.00)	● **3.00am–4.50** Men's quarter-finals (3.00am, 4.00)
BOXING	● **3.00pm–5.15** Women's lightweight quarter-finals from 3.00; men's flyweight last-16 bouts from 3.30; men's welterweight semi-finals at 4.30; men's middleweight last-16 bouts from 4.45		● **9.00pm–11.45** Women's lightweight quarter-finals from 9.00; men's flyweight last-16 bouts from 9.30; men's welterweight semi-finals at 10.30; men's middleweight last-16 bouts from 10.45; men's heavyweight final at 11.15
CANOEING	● **1.00pm–3.30** Canoe sprint heats from 1.00; semi-finals from 2.30: men's kayak singles 1,000m; women's kayak doubles 500m; women's kayak singles 200m; men's canoe singles 1,000m		
CYCLING – TRACK	**2.00pm–3.20** Women's sprint last-16 races from 2.00; repechages from 2.50; men's omnium 1km time trial from 2.21; women's omnium 10km scratch race from 2.59		**8.00pm–10.45** Men's omnium flying lap from 8.00; 40km points race from 9.23; women's sprint 9th to 12th place decider from 8.26.; women's omnium 3km individual pursuit from 8.30; elimination race from 10.17
DIVING		● **7.15pm–10.45** Men's 3m springboard preliminaries	
EQUESTRIAN – DRESSAGE	● **2.00pm–5.30** Individual grand prix: freestyle		
GYMNASTICS		● **6.00pm–8.25** Artistic: men's rings final at 6.00; men's vault final at 6.52 women's beam final at 7.42	
HANDBALL	**1.30pm–5.00** Men's preliminary rounds: Poland v Slovenia (1.30); Germany v Egypt (3.30)	**6.40pm–10.10** Men's preliminaries: France v Denmark (6.40); Sweden v Brazil (8.40)	● **11.50pm–3.20am** Men's preliminary rounds: Croatia v Tunisia (11.50); Qatar v Argentina (1.50)
HOCKEY	● **2.00pm–6.45** Women's quarter-final matches		● **10.00pm–2.45am** Women's quarter-final matches
MARATHON SWIMMING	● **1.00pm–3.40** Women's 10km swim		
SAILING		● **5.00pm–8.45** Men's 470, 49er and women's 470 and 49er FX races. Women's Laser Radial medal race at 5.05. Men's Laser medal race at 6.05 (Reserve day: mixed Nacra 17, men's and women's RS:X, men's Finn)	
SYNCHRONISED SWIMMING	● **3.00pm–5.15** Women's duets: technical routine		
TABLE TENNIS	● **2.00pm–5.00** Women's team: second semi-final	● **7.00pm–10.00** Men's team: first semi-final	● **11.30pm–2.30am** Men's team: second semi-final
VOLLEYBALL	**1.30pm–5.20** Men's preliminary rounds: Argentina v Egypt; USA v Mexico	● **7.00pm–10.50** Men's preliminaries: Russian Federation v Islamic Republic of Iran; Poland v Cuba	● **12.30am–4.20** Men's preliminary rounds: Italy v Canada; Brazil v France
WATER POLO		● **6.10pm–8.50** Women's quarter-finals	● **10.20pm–1.00am** Women's quarter-finals
WEIGHTLIFTING		● **7.30pm–9.30** Men's 105kg: Group B final	● **11.00pm–1.00am** Men's 105kg: Group A final
WRESTLING	**2.00pm–5.00** Men's Greco-Roman 85kg and 130kg: qualifiers and eliminators	**8.00pm–11.00** Men's Greco-Roman 85kg and 130kg: repechages at 8.00; bronze-medal matches from 9.00, 10.00; finals at 9.30, 10.30	

WATCH ONLINE or on the RED BUTTON

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

PICK OF THE ACTION **Athletics: Men's 110m Hurdles** *2.45am* ***BBC1***

I have to highlight **Omar McLeod** (above right) from Jamaica. He's been quite fragile for a few years, which is why we've missed him. He's always been very fast, but Omar has now become the first athlete to have gone under 10 seconds for the 100m and under 13 seconds for the 110m hurdles in the same year. He's run 9.99, and 12.98 seconds. Back in the day there was Willie Davenport of the US who managed to win a 1968 gold medal in the 110m hurdles and run under 10 seconds in 100m. In 1980 he was on the US bobsleigh team at the Winter Olympics. **Colin Jackson**

Athletics: Men's 200m Heats

From 3.50pm ***BBC1***

The men's 200m offers a potential opportunity for Britain's sprint prospects. If Usain Bolt and Justin Gatlin perform they'll be the top two, but the bronze is up for grabs. Adam Gemili, Nethaneel Mitchell-Blake and Danny Talbot are our 200m sprinters. Nethaneel went to university in the US. It's such a big step for a young man to move out of his comfort zone, but it's worked for him; he's been in fantastic form. My only concern is that, having run a full US college season, he now has to carry that form through the Olympics. **Darren Campbell**

Cycling: Women's Omnium

2.57pm ***BBC4***

I said it in London and I'll say it again: pound for pound, Laura Trott is the most valuable person on the British Olympic team. What she delivers for her size is remarkable. Like Victoria Pendleton before her, Trott isn't the biggest rider, but her power-to-weight ratio allows her to outrace the bigger girls. Her main rival in the omnium, American Sarah Hammer, is much stronger-looking, and they've had some great tussles recently. Off the bike, Trott is a delight; on the track, she's a demon. She's the defending Olympic champion and will have gold in her sights again. **Jill Douglas**

PEDAL POWER Laura Trott

Gymnastics: Women's Floor Final

6.45pm ***BBC2***

The women's floor final is Olympic gymnastics' blue riband event. Performances are set to music, and in recent years we've seen much more expressive routines. As well as marks for execution and difficulty, judges are also looking at the artistry, and at how the music is interpreted. Expect to hear some samba tunes – gymnasts often try to tap into the home spirit and get the crowd on board. Britain's Claudia Fragapane – the "pocket rocket" – will hopefully excel in that regard. Take it from me: no one's going to choose *Swan Lake* for her. **Craig Heap**

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Sailing: Men's Finn Medal Race

5pm ***BBC1***

Sailing's greatest Olympian, Ben Ainslie, has sailed into the sunset. The four-time Olympic champion confirmed in 2012 that London would be his fifth and final Games (although he's still very much part of the America's Cup). But, when one era ends, another begins. For Giles Scott, four-time sailing world champion, Rio is his chance to make history. The sailing competition has been running for a week, but today sees the climax of the Finn-class event, where Scott is favourite to pick up his first Olympic gold.
James Gill

TURNING TIDE Giles Scott is ready to take on the mantle of Ben Ainslie

Athletics: Men's High Jump

12.30am ***BBC1***

It was a moment of heart-stopping drama in 2012 when British high jumper Robbie Grabarz won bronze in London. He'd clipped the bar, it had tumbled down, and he'd scored well under his personal best – but when everything had been tallied up, there he was on the podium. It's been an arduous journey to Rio, with Grabarz forced to have knee surgery on his take-off leg. Now, after 18 months of serious training, he says he feels fitter than he did in 2012. He'll no doubt be battling for a medal even shinier than the bronze.
Kasia Delgado

ATHLETICS: WOMEN'S 1500m FINAL *2.30am* ***BBC1***

Trainee vet **Laura Muir**, 23, is aiming to show her pedigree in the women's 1500m final. Before heading to Rio, she spent July training at 1,850m above sea level in the Pyrenees. "She's one of my favourite athletes," says Brendan Foster. "She's not very well known yet, but I think we're all about to find out a lot more about her."

STAT ATTACK

Jonathan Edwards has held the triple jump record since 1995 when he jumped 18.29m – the furthest anyone has ever hopped, skipped and jumped.

GOLDS TODAY

ATHLETICS Men's Triple Jump *1.50pm*, **Women's Discus** *3.20pm*, **Men's High Jump** *12.30am*, **Women's 1500m** *2.30am*, **Men's 110m Hurdles** *2.45am* **BOXING Men's Lightweight** *11.15pm* **CANOE SPRINT Men's C1 1,000m** *1pm*, **Women's K2 500m** *1.16pm*, **Women's K1 200m** *1.40pm*, **Men's K1 1,000m** *2.04pm* **CYCLING Women's Omnium** *2.57pm*, **Women's Sprint** *9.44pm*, **Men's Keirin** *10.14pm* **DIVING Men's 3m Springboard** *9pm* **GYMNASTICS Men's Parallel Bars** *6pm*, **Women's Floor** *6.45pm*, **Men's High Bar** *7.30pm* **SAILING Men's Finn** *5pm*, **Women's 470** *5.05pm*, **Mixed Nacra 17** *6pm* **SWIMMING Men's 10km** *12 noon* **SYNCHRONISED SWIMMING Duets Free Routine** *6pm* **TABLE TENNIS Women's Team** *11.30pm* **WEIGHTLIFTING Men's +105kg** *12.30am* **WRESTLING Men's 66kg** *9.30pm*, **Men's 98kg** *10.30pm*

GETTY

BBC1

6.00am Olympic Breakfast
Charlie Stayt and Louise Minchin present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

***9.15am–1.45pm** Switch to **BBC2** for replays of last night's action, followed by live open-water swimming, canoeing and athletics from 12.50pm.*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See the issue of Radio Times 13–19 August for details.*

1.45pm–6.00 Olympics 2016

1.45pm Athletics
The men's triple jump and women's discus are the day's first athletics medals to be decided, while Usain Bolt, Justin Gatlin and Britain's Adam Gemili compete in the first round of the 200m. There's also British interest in the women's 100m hurdles heats, where Tiffany Porter begins her efforts to improve on her fifth-place finish at the World Championships. Presented by Hazel Irvine with Gabby Logan, and guests Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson. (S) (HD)
1.45 Women's pole vault qualifying
1.50 Men's triple jump final
2.30 Men's 1500m round one
3.05 Women's 100m hurdles round one
3.20 Women's discus final
3.50 Men's 200m round one
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

4.00 Badminton
Action from the semi-finals of the men's and women's doubles. South East Asia and China are dominant in the sport – expect to see some South Korean, Malaysian and Indonesian players on the courts. Presented by Hazel Irvine. (S) (HD)

5.00–6.00 Sailing
Coverage of the medal race in the men's Finn class, an event in which Great Britain's Giles Scott started as clear favourite. Scott has been described by compatriot and 2012 champion Sir Ben Ainslie as "Britain's best medal hope across all of our sports" in Rio. A fourth world title and a record of just one defeat in more than three years support that assertion. Presented by Hazel Irvine, with Shirley Robertson and commentary by Niall Myant and Ian Walker. Coverage continues on BBC4. (S) (HD)

***6.00–7.00** Switch to **BBC2** for coverage of the gymnastics, featuring the men's parallel bars final and women's floor final.*

6.00 BBC News Weather

7.00–10.00 Olympics 2016

7.00 Gymnastics
The men's apparatus finals continue alongside the climax of the women's floor competition, where American three-times consecutive world champion Simone Biles will be set to wow the crowds. That's followed by what promises to be an enthralling duel on the men's high bar between Olympic champion Epke Zonderland from the Netherlands and world champion Kohei Uchimura of Japan. Presented by Clare Balding and Matt Baker, with guest Beth Tweddle and commentary by Craig Heap and Christine Still. (S) (HD)

8.00 Track Cycling
Coverage switches to the Velodrome as Laura Trott seeks a second successive Olympic gold medal in the women's omnium, with both the flying lap against the clock and the 25km points race the last two events in which she can make her mark. Then, in the women's individual sprint, Australian flag-bearer Anna Meares defends the Olympic title that she won against arch rival Victoria Pendleton in what was the British star's last ever competitive race.
Presented by Clare Balding, with guests Chris Hoy and Victoria Pendleton. (S) (HD)
8.00 Women's sprint semi-finals, first race
8.10 Women's omnium, flying lap
8.36 Women's sprint semi-finals, second race
8.46 Men's keirin, second round
8.58 Women's sprint semi-finals, third race
9.05 Women's omnium, points race
9.44 Women's sprint final, first race
The commentary comes from Simon Brotherton and Chris Boardman.

***10.00–10.45** Switch to **BBC2** for continued coverage of the cycling, including the women's sprint final and men's keirin final, plus diving.*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Olympics Round-Up
With Mark Chapman and Clare Balding. (S) (HD)

12 midnight–4.00am Athletics
Three champions are crowned, with finals in the men's 110m hurdles and high jump and women's 1500m. They will all be new champions, since the 2012 110m hurdles winner Aries Merritt didn't qualify for Rio – less than a year after a kidney transplant – and both the high jump and 1500m champs, Russia's Ivan Yukhov and Turkey's Aslı Cakır Alptekin respectively, are banned. Britain's Laura Muir has hit form in the 1500m.
Presented by Jason Mohammad with Gabby Logan, and guests Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson. (S) (HD
12.30 Men's high jump final
12.35 Women's javelin qualifying
12.40 Men's 110m hurdles semi-finals
1.05 Women's long jump qualifying
1.10 Women's 400m hurdles semi-finals
1.35 Men's 400m hurdles semi-finals
2.00 Women's 200m semi-finals
2.30 Women's 1500m final
2.45 Men's 110m hurdles final
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.)

4.00–6.00am BBC News (S) (HD)

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

WHAT I'LL BE WATCHING
ALISON GRAHAM

POLE VAULTING
"I'm unaccountably drawn to the pole vaulting. It makes no sense on any level and is, thus, fascinating. Firstly, why would anyone ever actually want to jettison themselves over what looks like a washing line onto a big cushion? And secondly, how the hell do they do it?"

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Canoeing
An afternoon of finals in the canoe sprint, with four gold medals on offer. The women's reigning 200m single kayak champion, Lisa Carrington of New Zealand, is the one to beat, as she also holds the Olympic record in this event.
Presented by Ore Oduba, with Patrick Winterton and Helen Reeves. (S) (HD)
1.00 Men's K1 1,000m final
1.16 Women's K2 500m final
1.40 Women's K1 200m final
2.04 Men's C1 1,000m final

2.00 Track Cycling and Canoeing
The women's sprint quarter-finals, the time trial in the women's omnium – featuring defending champion Laura Trott – and the first round of the men's keirin, where Jason Kenny will be hoping to emerge from 2012 winner Chris Hoy's formidable shadow and perhaps challenge for a place on the podium.
Presented by Ore Oduba, with Patrick Winterton, Helen Reeves and Clare Balding, and guests Chris Hoy and Victoria Pendleton. (S) (HD)
Track Cycling
2.00 Women's sprint quarter-finals, first race
2.18 Men's keirin first round
2.41 Women's sprint quarter-finals, second race
2.57 Women's omnium, time trial
3.19 Women's sprint quarter-finals, third race
3.25 Men's keirin repechages
3.46 Women's sprint 5th-8th places
Commentary comes from Simon Brotherton and Chris Boardman.

4.00 Hockey and Football
Team GB could be represented in both the men's hockey semi-final and the women's football semi-final. Presented by Ore Oduba. (S) (HD)
Hockey
4.00 Men's first semi-final
Commentary by Matt Chilton, Simon Mason and Mel Clewlow.
Football
5.00 Women's first semi-final

6.00 Sailing
The medal race in the Nacra 17, a new Olympic class in which French pair Billy Besson and Marie Riou have been victorious in all the four World Championships to have been staged to date. Great Britain's Ben Saxton and Nicola Groves were ranked fifth in the world in 2015, and will be pushing for a place on the podium.
Presented by Dan Walker, with Shirley Robertson and commentary by Andy Jameson and Adrian Moorhouse. (S) (HD)

8.00 Football and Hockey
Great Britain's men lost out on a hockey medal in 2012 after Australia beat them 3–1 in the bronze match. Will they still be in the mix tonight? Presented by Dan Walker. (S) (HD)
Football
8.00 Women's second semi-final
Hockey
9.00 Men's second semi-final
Commentary by Matt Chilton, Simon Mason and Mel Clewlow.

10.00 Diving
The men's 3m springboard final takes place at the Maria Lenk Aquatics Centre, where GB's Jack Laugher, a bronze medallist at the World Championships, could be in contention. (S) (HD)

11.30–2.00am Table Tennis
The women's team gold-medal match. Dan Walker presents the action. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See Radio Times issue 13–19 August.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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ATHLETICS

1.30pm–4.40 Women's 5,000m round one from 1.30; women's pole vault qualifiers from 1.45; men's triple jump final from 1.50; men's 1500m round one from 2.30; women's 100m hurdles round one from 3.05; women's discus throw final from 3.20; men's 200m round one from 3.50

● **12.15am–2.50** Men's high jump final from 12.30am; women's javelin qualifiers from 12.35am, 1.50; men's 110m hurdles semi-finals from 12.40, final at 2.45; women's long jump qualifiers from 1.05am; women's 400m hurdles semi-finals from 1.10am; men's 400m hurdles semi-finals from 1.35am; women's 200m semi-finals from 2.00am; women's 1500m final at 2.30am

dfs BELIEVE IT OR NOT HITTING THE BAR!

Russia's ban means no high jumper Ivan Ukhov. But this is not the first time he's failed to make his mark. Ukhov is the only international athlete not to successfully complete a jump because he was drunk (at the Lausanne Grand Prix in 2008).

BADMINTON

● **12.30pm–4.30** Men's doubles semi-finals; women's doubles semi-finals

● **9.30pm–3.00am** Women's singles quarter-finals; mixed doubles bronze-medal match

BASKETBALL

● **3.00pm–8.15** Women's quarter-finals (tip-offs 3.00, 6.30)

● **10.45pm–4.00am** Women's quarter-finals (tip-offs 10.45, 2.15)

BEACH VOLLEYBALL

● **8.00pm–9.50** Men's and women's semi-finals

● **3.00am–4.50** Men's and women's semi-finals

BOXING

● **3.00pm–5.15** Quarter-finals: women's flyweight at 3.00; men's bantamweight at 3.30; men's light-welterweight at 4.00; men's super-heavyweight at 4.45. Men's light-heavyweight semi-final at 4.30

● **9.00pm–11.45** Quarter-finals: women's flyweight at 9.00; men's bantamweight at 9.30; men's light-welterweight at 10.00; men's super-heavyweight at 10.45. Men's light-heavyweight semi-final at 10.30; men's lightweight final at 11.15

CANOEING

● **1.00pm–2.40** Canoe sprint finals: men's canoe single 1,000m from 1.00; women's kayak double 500m from 1.16; women's kayak single 200m from 1.40; men's kayak single 1,000m from 2.04

CYCLING

● **2.00pm–3.50** Women's sprint quarter-finals from 2.00; race for 5th to 8th place at 3.46. Men's keirin round one at 2.18; repechages at 3.25. Women's omnium 500m time trial at 2.57

● **8.00pm–10.50** Women's sprint semi-finals from 8.00; finals from 9.44. Women's omnium flying lap 250m time trial at 8.10; 25km points race at 9.05. Men's keirin round two at 8.46; finals from 10.14

DIVING

● **2.00pm–3.50** Men's 3m springboard: semi-final

● **10.00pm–12 midnight** Men's 3m springboard: final

EQUESTRIAN

● **2.00pm–5.30** Team showjumping: qualification

FOOTBALL

● **5.00pm–7.00** Women's semi-final: winners of the first and last quarter-finals

● **8.00pm–10.00** Women's semi-final: winners of the second and third quarter-finals

GYMNASTICS

6.00pm–8.15 Finals: men's parallel bars from 6.00; women's floor exercise from 6.45; men's horizontal bars from 7.30

HANDBALL

2.00pm–4.00 Women's quarter-final

● **5.30pm–7.30** Women's quarter-final

● **9.00pm–11.00** Women's quarter-final

● **12.30am–2.30** Women's quarter-final

HOCKEY

● **4.00pm–6.15** Men's semi-final

● **9.00pm–11.15** Men's semi-final

MARATHON SWIMMING

● **1.00pm–3.40** Men's 10km swim

SAILING

● **5.00pm–8.45** Men's Finn medal race; races in the men's 49er; women's 49er FX. Medal race in the mixed Nacra 17. (Reserve day: men's Laser, 470; women's Laser Radial, 470)

SYNCHRONISED SWIMMING

● **6.00pm–7.30** Women's duets: free routine final

TABLE TENNIS

● **3.00pm–6.00** Women's team: bronze-medal match

● **11.30pm–2.45am** Women's team: final

VOLLEYBALL

● **2.00pm–8.00** Women's quarter-finals (2.00, 6.00)

● **10.00pm–4.15am** Women's quarter-finals (10.00, 2.15)

WATER POLO

● **3.00pm–5.40** Men's quarter-finals (3.00, 4.20)

● **7.10pm–9.50** Men's quarter-finals (7.10, 8.30)

WEIGHTLIFTING

● **7.30pm–9.30** Men's +105kg: Group B

● **11.00pm–1.00am** Men's +105kg: Group A

WRESTLING

2.00pm–5.00 Men's Greco-Roman 66kg and 98kg: qualifiers; eliminators

8.00pm–11.00 Men's Greco-Roman 66kg and 98kg: repechages; bronze-medal matches (9.00); finals (9.30, 10.30)

WATCH ONLINE or on the RED BUTTON

GETTY

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

WEDNESDAY 17 AUGUST The experts' choice

Athletics: Decathlon

1.30pm ***BBC2***

If the decathlon is the ultimate all-round test for male athletes, then the USA are the undisputed masters of track and field. When Ashton Eaton triumphed at London 2012, he became the 13th American athlete to win gold in the ten-discipline event. No other country has more than two. **Daley Thompson** (above) of course once had this event on lockdown, but sadly, unlike Jessica Ennis-Hill and Katarina Johnson-Thompson in the heptathlon, Britain's source of male all-rounders has run dry. There will be no British decathlete in Rio 2016. Whatever happened to multitasking? **James Gill**

Equestrian: Team Showjumping

2pm ***BBC1***

Showjumping is a great spectator sport. The towering fences make it technically very challenging, and a clear round is thrilling to witness. We've got a seriously talented team. The Whitaker brothers, Michael and John, are old hands, as is Nick Skelton – they've all been in lots of Olympics and they know what's needed to win the thing. **Ian Stark**

Athletics: Men's 5,000m Qualifying

2.05pm ***BBC1***

By this point, Mo Farah hopefully has the opportunity to do something out of this world, just four days after running the 10,000m. The 5,000m is not going to be easy; his rivals know how he runs, how he can glide past them when they're not looking. The good news is, they still haven't found a way to beat him. **Darren Campbell**

HIGH, HIGH, HIGH
Brazil's women will be looking to improve on the bronze they won in 2012

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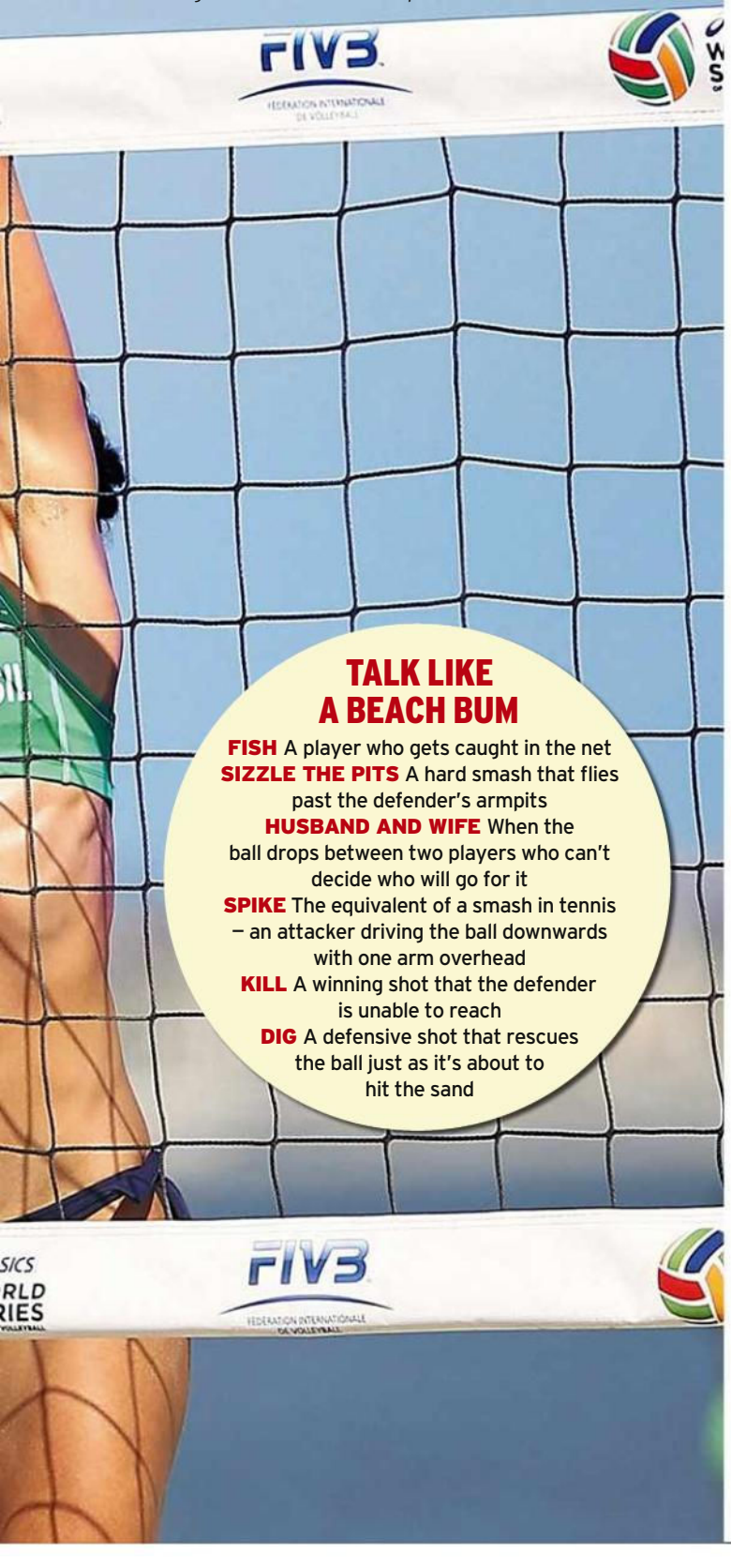
PICK OF THE ACTION

Beach Volleyball: Women's Final *4am* ***BBC1***

It's no surprise that we Brits find it hard to take beach volleyball seriously. It's the type of thing you only try when you're on holiday – and usually ends with a mouthful of sand. In Brazil, it's another matter entirely. Brazil could only manage bronze at London 2012, but something will have gone badly wrong if the hosts aren't contesting today's final. Locals Agatha Bednarczuk and Barbara Seixas are the current world champions, with their closest rivals likely to be the USA pairing of 2012 Olympic gold medallist Kerri Walsh Jennings and silver medallist April Ross. **James Gill**



TALK LIKE A BEACH BUM

FISH A player who gets caught in the net
SIZZLE THE PITS A hard smash that flies past the defender's armpits
HUSBAND AND WIFE When the ball drops between two players who can't decide who will go for it
SPIKE The equivalent of a smash in tennis – an attacker driving the ball downwards with one arm overhead
KILL A winning shot that the defender is unable to reach
DIG A defensive shot that rescues the ball just as it's about to hit the sand

Athletics: Women's 200m Final

2.30am ***BBC1***

It's the 200m where Team GB's sprinters have a chance of causing an upset. Dina Asher-Smith arrives at the Games as European champion, although her main rival, the Netherlands' Dafne Schippers, showed again this year what a class act she is. She's aiming to run in the 100m and 200m, but this is the title she could take. She's the world champion from 2015, where she ran the third fastest time in history. **Darren Campbell**

WHY SHOULD I WATCH

Table tennis

MEN'S TEAM FINALS
11.30pm ***BBC4***

The most popular racquet sport in the world (take that, tennis) is always a firm favourite come Olympics time – although probably only for people able to watch on HD TV. Weighing just 2.7g and measuring 40mm, the plastic ball travels at over 100kph. But it's the spin that really sets Olympic competition apart from your run-of-the-mill whiff-whaffer, with top players able to get the ball revolving at over 150 revs per second. Paul Drinkhall is GB's best hope but it's Chinese athletes who dominate the sport, having won 24 out of the 28 gold medals since it was introduced in 1988. Their latest star is reigning Olympic champion **Zhang Jike** – named, appropriately for Rio 2016, after the great Brazilian footballer Zico. Only one non-Asian player has won Olympic gold. Sweden's Jan-Ove Waldner, we salute you. **James Gill**

ONE TO WATCH

TAEKWONDO: WOMEN'S -48kg AND MEN'S -58kg
2am ***Red Button+/online***
Belgium's **Mourad Laachraoui** became European Taekwondo champion in May, two months after his older brother Najim detonated a suicide bomb in the terror attacks at Zaventem airport in Brussels. Mourad, who won the -54kg title in Switzerland, said he was "scared and saddened" by his brother's role, adding nobody in his family had heard from him since 2013.

BMX CYCLING: *5.30pm*
Red Button+/online
In this newest Olympic cycling discipline, eight cyclists race to the finish while catapulting themselves and their bikes high into the air. Latvia's Maris "The Machine" Strombergs won men's gold in Beijing and London – the only two Olympics that have so far featured BMX.

GOLDS TODAY

ATHLETICS Men's 3,000m Steeplechase *3.50pm*, Women's Long Jump *1.15am*, Women's 200m *2.30am*, Women's 100m Hurdles *2.55am* **BADMINTON** Mixed Doubles *5pm* **BEACH VOLLEYBALL** Women's *4am* **BOXING** Men's Welterweight *8.30pm* **EQUESTRIAN** Team Showjumping *2pm* **TABLE TENNIS** Men's Team *11.30pm* **TAEKWONDO** Women's -49kg *2am*, Men's -58kg *2am* **SAILING** Men's 470 *5pm*, Women's 470 *6pm* **WRESTLING** Women's Freestyle -48kg *9.05pm*, Women's Freestyle -58kg *9.50pm*, Women's Freestyle -69kg *10.35pm*

GETTY; PA

BBC1

6.00am Olympic Breakfast
Louise Minchin and Sally Nugent present a round-up of the news while presenters in Rio look ahead to today's events at the Games. (S) (HD)

9.15am–1.45pm *Switch to* ***BBC2*** *for a replay of last night's action, plus updates on the first round of the women's golf, and athletics coverage: decathlon 100m at 1.30pm and qualifying for the men's hammer competition at 1.40pm.*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See issue of Radio Times 13–19 August.*

1.45pm–6.00 Olympics 2016

1.45 Athletics and Equestrian
Just days after running the 10,000m, defending Olympic champion Mo Farah goes in the men's 5,000m heats, while Ezekiel Kemboi of Kenya attempts back-to-back Olympic titles in the men's steeplechase final.

Great Britain won the team showjumping final at the London Olympics but will face stiff competition from the Dutch world champions, France, USA and Germany.

Presented by Hazel Irvine with Gabby Logan and Lee McKenzie. (S) (HD)

Athletics
2.05 Men's 5,000m, round one
2.35 Decathlon long jump
2.55 Women's 800m, round one
3.50 Men's 3,000m steeplechase final
Equestrian
2.00 Team showjumping final
With commentary by Michael Tucker, Ian Stark and Andy Austin.

4.10 Hockey
Coverage of the women's semi-finals. Four years ago in London, while Great Britain took bronze, the Netherlands beat Argentina to win their third Olympic title. Will they make it to another final?

Presented by Hazel Irvine. Commentary by Matt Chilton, Simon Mason and Mel Clewlow. (S) (HD)

5.00–6.00 Sailing
In Guanabara Bay, it's the medal race in the men's 470 class. Britain's Luke Patience won silver in 2012 and has a medal chance with new partner Chris Grube – but the favourites are defending champions Mat Belcher and Will Ryan of Australia and Croatia's world champions Sime Fantela and Igor Marenic.

Presented by Shirley Robertson. Commentary from Niall Myant and Ian Walker. (S) (HD)

6.00–7.00 *Switch to* ***BBC2*** *for coverage of the boxing, presented by John Inverdale. The women's lightweight semi-finals are at 6pm and the women's middleweight quarter-finals at 6.30pm.*

6.00 BBC News Weather (S)

7.00–8.00 Olympics 2016

7.00 Olympics Round-up
Clare Balding presents the best of the day's action from Rio de Janeiro and looks ahead to tonight's events. (S) (HD)

7.30–8.00 Boxing
It's the turn of the men's flyweight boxers at the quarter-final stage, with Britain's Muhammad Ali seeking to go one better than at last year's World Championships when he exited at this stage.

Presented by John Inverdale. Commentary is by Ronald McIntosh and Richie Woodhall, with guest Anthony Joshua. (S) (HD)

8.00–8.30 *Switch to* ***BBC2*** *for coverage of a quarter-final match in the men's football and the welterweight final in the men's boxing.*

8.00–8.30 EastEnders *See issue of Radio Times 13–19 August for details.*

WHAT I'LL BE WATCHING
NADIYA HUSSAIN

LONG JUMP
"We are all looking forward to watching the long jump, in my house. The kids like doing it at school, so we will be watching it together as a family."

8.30–10.00 Olympics 2016

8.30 Football and Hockey
The semi-finals in the men's football and the women's hockey tournaments. (S) (HD)

10.00–10.45 *Switch to* ***BBC2*** *for continuing coverage of the women's hockey semi-final*

10.00 BBC News Weather

10.45–5.00am Olympics 2016

10.45 Olympics Round-up
Clare Balding and Mark Chapman present today's best action, with guests and medallists. (S) (HD)

11.30 Volleyball and Handball
Coverage of the quarter-finals in both the men's volleyball and handball competitions. (S) (HD)

12.30am Athletics
Great Britain's Dina Asher-Smith will expect to be involved in the women's 200m final, in which flying Dutchwoman Dafne Schippers went into these Games as the favourite in the absence of London 2012 champion Allyson Felix.

Long jumper Shara Proctor was second at last year's World Championships, but it is fellow Brit Lorraine Ugen who has shown better recent form.

USA-born Tiffany Porter represents GB in the 100m hurdles, but it's the Americans who are expected to dominate – especially with Sally Pearson of Australia unable to defend her title.

Presented by Gabby Logan with Jason Mohammad. Commentary comes from Steve Cram, Steve Backley, Brendan Foster and Andrew Cotter. Guests include Michael Johnson, Denise Lewis, Colin Jackson and Paul Radcliffe. (S) (HD)
12.30 Men's javelin qualifying
12.45 Women's 100m hurdles semi-finals
1.15 Women's long jump final
1.20 Decathlon 400m
2.00 Men's 200m semi-finals
2.30 Women's 200m final
2.55 Women's 100m hurdles final

3.15 Table Tennis
Action from the bronze and gold medal matches in the men's team table tennis event. (S) (HD)

4.00–5.00 Beach Volleyball
Coverage of the women's final from the arena on Copacabana Beach. (S) (HD)

5.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

Ore Oduba hosts day 12 coverage.

1.15pm Badminton and Canoeing
Coverage of the gold-medal match in the badminton mixed doubles kicks off this afternoon's coverage. It's an event in which husband-and-wife pairing Chris and Gabby Adcock were Britain's best hope of a medal. The men's singles quarter-finals are also scheduled to take place.

London Olympic bronze medallist canoe sprinters Liam Heath and Jon Schofield begin their bid to reach the final of the K2 200m. Russia's Yury Postrigay and Alexander Dyachenko took gold at the event in 2012. (S) (HD)
Canoeing
1.00 Men's K2 1,000m heats
1.16 Men's C1 200m heats
1.37 Men's K2 200m heats
1.51 Women's K1 500m heats

Commentary comes from Patrick Winterton and Helen Reeves.

7.00 5.00 Sailing and Football
Further coverage of the medal race in the men's 470 class, where British hopes lie with the pairing of Luke Patience and Chris Grube.

There's also further action from the men's football semi-finals, which could feature Brazil if they have won Group A. (S) (HD)

6.00pm Sailing
British sailors Saskia Clark and Hannah Mills attempt to end their successful five-year partnership with another Olympic medal in the 470 class. The pair were silver medallists at the 2012 Olympics – can they eclipse that performance in today's medal race to ensure a glorious swan song for the retiring Clark?

Presented by Shirley Robertson. With commentary by Niall Myant and Ian Walker. (S) (HD)

7.00 Handball and Basketball
The men's quarter-finals in the handball competition from the Future Arena. France were triumphant at the 2012 Olympic Games beating Sweden in the final, with Croatia taking the bronze medal, having prevailed over Hungary.

The men's basketball quarter-finals are also taking place. Unsurprisingly the Americans are the favourites to retain the title they won for the 14th time in London four years ago.

Presented by Dan Walker. (S) (HD)

9.00 Hockey and Football
The second semi-final in the women's hockey gets under way, while the final whistle approaches at the second men's football semi-final at the Corinthians Arena in Sao Paulo, although there may be extra time and penalties. (S) (HD)

10.00 Water Polo and Handball
There are semi-final matches in the women's water polo competition tonight, which is taking place at the Maria Lenk Aquatic Center, while the men's handball quarter-finals continue down on Copacabana Beach. (S) (HD)

11.30–2.00am Table Tennis
Coverage of the men's team final in the table tennis tournament, taking place at Pavilion 3 of the Riocentro. It's an event traditionally dominated by China with the reigning Olympic champion being Zhang Jike. By triumphing at London 2012 he became the fourth male player in the history of table tennis to achieve a career grand slam.

Plus action from the latter stages of the handball and water polo competitions. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes. See Radio Times issue 13–19 August.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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BELIEVE IT OR NOT BIKINIS ARE ESSENTIAL KIT

Since beach volleyball became an Olympic event in 1996, much of the popularity of the women's sport has been credited to the kit – a very small bikini. Since 2012, players can choose to wear long-sleeved tops and shorts, but many still seem to prefer the bikini. Of those shorts, said Jen Kessy of Team USA, "You get sand in the pockets."

VOLLEYGIRLS Being properly dressed is vital

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ATHLETICS
1.30pm–5.05pm Men's decathlon 100m from 1.30; long jump from 2.35; shot put from 4.15. Men's hammer qualification from 1.40; men's 5,000m round one from 2.05; women's 800m round one from 2.55; men's 3,000m steeplechase final from 3.50
● **9.45pm–3.05am** Men's decathlon high jump from 9.45, 400m from 1.20am. Men's javelin qualification from 12.30am; women's 100m hurdles semi-finals from 12.45am, final at 2.55; women's long jump final from 1.15; men's 200m semi-finals from 2.00; women's 200m final at 2.30

BADMINTON
● **12.30pm–5.30** Men's singles quarter-finals; mixed doubles final

BASKETBALL
● **3.00pm–8.15** Men's quarter-finals: tip-offs 3.00, 6.30
● **10.45pm–4.00am** Men's quarter-finals: tip-offs 10.45, 2.15

BEACH VOLLEYBALL
● **2.00am–5.10** Women's bronze-medal match (2.00am); final (4.00)

BOXING
● **6.00pm–9.00** Women's lightweight semi-finals from 6.00; women's middleweight quarter-finals from 6.30; men's flyweight quarter-finals from 7.30; men's welterweight final at 8.30

CANOEING
● **1.00pm–3.05** Canoe sprint heats: men's kayak double 1,000m from 1.00pm; men's canoe single 200m from 1.16; men's kayak double 200m from 1.37; women's kayak single 500m from 1.51. Semi-finals: men's kayak double 1,000m from 2.12; men's canoe single 200m from 2.20; men's kayak double 200m from 2.34; women's kayak single 500m from 2.48

CYCLING – BMX
● **5.30pm–7.25** Seeding events: men's and women's BMX competitions

DIVING
● **7.00pm–10.10** Women's 10m platform: preliminary round

EQUESTRIAN
● **2.00pm–4.45pm** Team showjumping: finals

FOOTBALL
● **5.00pm–7.00** Men's semi-final
● **8.00pm–10.00** Men's semi-final

GOLF
● **11.30am–8.00pm** Women's individual stroke play, round one

GYMNASTICS
● **3.00pm–4.30pm** Gala presentation, featuring former Olympic and world champions from all disciplines performing routines
7.00pm–8.30pm Gala presentation, featuring former Olympic and world champions from all disciplines performing routines

HANDBALL
2.00pm–7.30pm Men's quarter-finals: throw-offs at 2.00; and ● 5.30
● **9.00pm–2.30am** Men's quarter-finals: throw-offs 9.00, 12.30am

HOCKEY
● **4.00pm–6.15** Women's semi-final
● **9.00pm–11.15** Women's semi-final

SAILING
● **5.00pm–8.45** Medal races in the men's 470 (5.00); women's 470 (6.00)
(Reserve day: women's 49er FX; men's 49er; mixed Nacra 17)

TABLE TENNIS
3.00pm–6.00 Men's team: bronze-medal match
● **11.30pm–2.45am** Men's team: finals

TAEKWONDO
● **1.00pm–5.00** Women's -49kg and men's -58kg: preliminary round of 16
● **7.00pm–10.00** Women's -49kg and men's -58kg: quarter-finals from 7.00; semi-finals from 9.00
● **12 midnight–3.05** Women's -49kg and men's -58kg: repechages from 12.00; bronze-medal matches from 1.00am; finals from 2.00

VOLLEYBALL
2.00pm–8.00 Men's quarter-finals: starts at ● 2.00; and 6.00
● **10.00pm–4.15am** Men's quarter-finals: starts at 10.00, 2.15am

WATER POLO
3.00pm–5.40 Women's 5th to 12th place deciders (3.00); semi-final (4.20)
● **7.10pm–9.50** Women's 5th to 12th place deciders (7.10); semi-final (8.30)

WRESTLING
2.00pm–5.00 Women's freestyle -48kg, -58kg and -69kg: qualifiers and eliminations
● **8.00pm–11.00** Women's freestyle -48kg, -58kg and -69kg: repechages; bronze-medal matches at 8.45, 9.30, 10.15; finals at 9.05, 9.50, 10.35

WATCH ONLINE or on the RED BUTTON

GETTY

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
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PICK OF THE ACTION

Taekwondo: Women's -57kg *2am* ***BBC1***

Taekwondo is a mental and technical duel. It involves spinning, feinting and kicking – it's like a physical game of chess, or cat and mouse. You have to be strong and explosive, fast and powerful to get your points so it certainly attracts athletes with plenty of personality. London 2012 gold medal-winner **Jade Jones** is the one to watch. It's all about where you hit or kick your opponent – there's one point for a basic body blow, three points for a forward kick to the head or reverse kick to the torso, four points for a spinning kick to the head. Jade is known as the Headhunter – you can guess why. **Karthi Gnanasegaram**

HEAD GIRL
Jade Jones (right) en route to gold at London 2012 – can she do it again in Rio?

Athletics: Men's 400m Hurdles Final

4pm ***BBC4***

There are so many stories of Olympic triumph against the odds that it's easy to forget the agonising disappointments. The USA's 400m hurdler Johnny Dutch had the fastest time in the world in 2016. He should have strolled to Rio, but on the final hurdle of the final race of the final US trial, he clipped the barrier and went tumbling. Afterwards, Dutch made clear his feelings: "I don't have a contract. I have no job. I don't know if I can do this any more." His departure leaves Kerron Clement of the USA as the fastest man this year. But with ten hurdles to overcome over a circuit of the track, success and failure are just a stride apart. **James Gill**

Diving: Women's 10m Platform

8pm ***BBC1***

There are always a few twists and turns in the 10m and GB's Tonia Couch has a great chance of a medal this year. Diving is a sport you can pick up as you go along. With the scoring, just remember that when the seven judges' marks come up after the dive, the top two marks and the lowest two marks are removed. The only marks that count are the three in the middle. For the final score, they are multiplied by the degree of difficulty – the highest is usually 3.9 – which measures how technically complicated the dive is. It's good to have a high degree of difficulty, but it's worth a lot more if the dive itself is performed well. **Bob Ballard**

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Athletics: Men's Shot Put

12.30am ***BBC1***

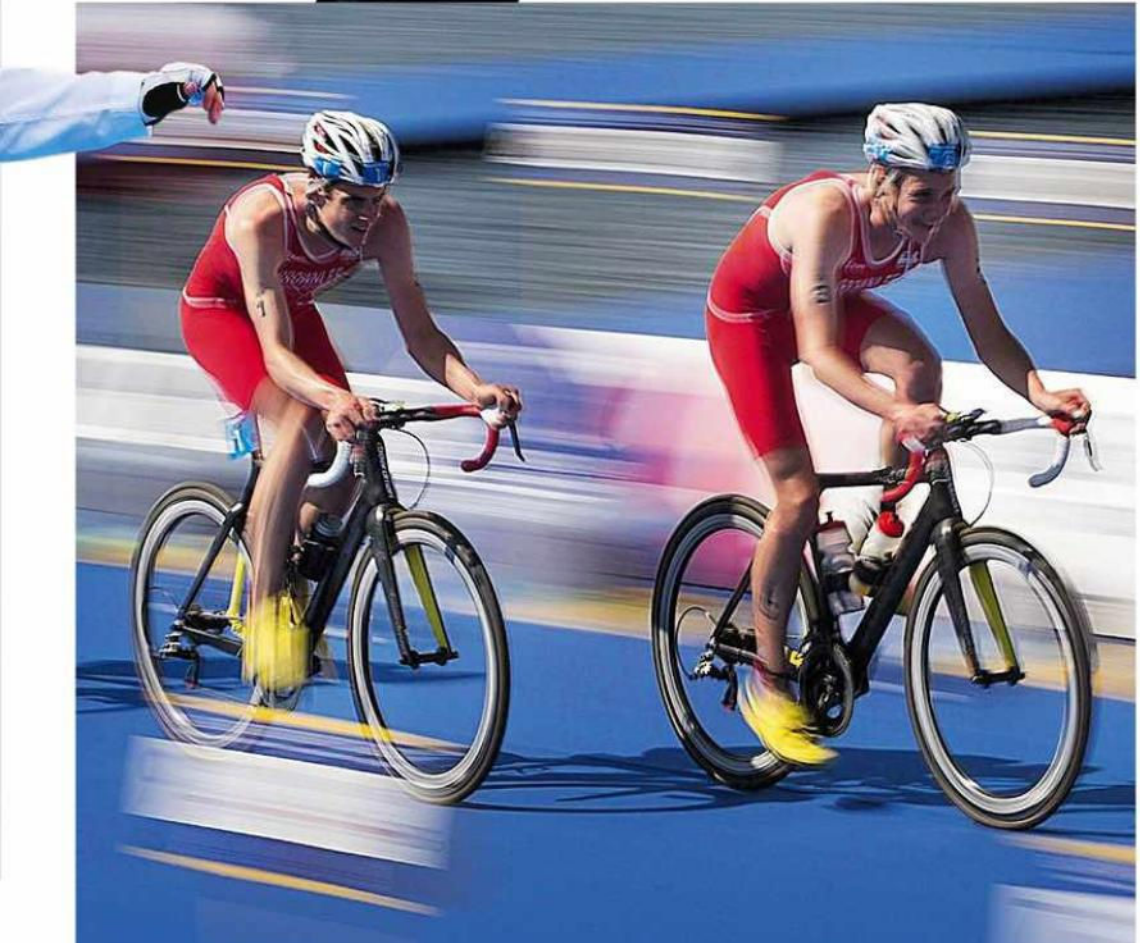
It's one thing to discover that one of your teammates has tested positive for banned substances. It's quite another to find out that a family member is in the firing line. That's what happened to Canadian shot putter **Dylan Armstrong**. In May this year, Armstrong learnt that his Russian wife, Olympic silver medallist Evgeniia Kolodko, had returned positive when samples from London 2012 were retested. The story becomes even more bitterly ironic: in 2015, Armstrong was belatedly awarded Olympic bronze from 2008, after a rival from Belarus was handed a life ban for doping. A heavy burden to shoulder. British shot putting, alas, is at a low ebb. Since 2000 only one Brit has competed in the event at an Olympics – Carl Myerscough in 2012 – and we're back to having no representatives this year. The search for the new Geoff Capes goes on. **James Gill**

CLEAN SHOT
Eventual bronze medallist Dylan Armstrong

Athletics: Men's 200m Final

2.30am ***BBC1***

By the time sprinters reach the 200m finishing line, they're almost running on empty. It's a different challenge compared with the 100m. Mentally, you need to be ready for that last 50m, when the lactic acid's building. Usain Bolt and Justin Gatlin will once again be up against each other. If Gatlin is going to have any chance, he'll need to come off the bend in the lead. Even then, he'll have to keep pace with Bolt's long strides up the straight. Britain's Adam Gemili has a chance of making the final, as he nearly did in 2012. He won the trials by a whisker, but he's finding his form. **Darren Campbell**



Men's Triathlon *3pm* ***BBC1***

Jonny and Alistair Brownlee are as tough as they come – and they're the big favourites in the triathlon, especially now that their Spanish rival Javier Gómez has had to pull out. Whatever their position in the race, they give 100 per cent every time. Alistair absolutely smashes himself, and Jonny's not far behind him – they always make races more interesting because they're very tactically smart, and people really respect them. They've been criticised because they train so hard, especially Alistair, because he's quite nuts and perhaps overtrains and jeopardises races with various injuries, but I believe that if you want to be the greatest in the world, you have to take risks. Those risks certainly pay off for him. **Annie Emmerson**

STAR TO WATCH

DIVING: WOMEN'S 10m PLATFORM
8pm BBC1

North Korea's **Kim Kuk-hyang** made history last year at the world championships when she won her country's first diving gold medal. In floods of tears at the final ceremony, the 16-year-old said, "It gives me great pleasure to meet the expectations of my government and our Great Leader."

STAT ATTACK

SYNCHRONISED SWIMMING

Nose clips at the ready. This combo of dance and swimming is a mesmerising female-only Olympic sport, yet it was men who first performed acrobatics in the water at the end of the 19th century. Some of the competitors have had more in common than their routine, too, with twins ruling the pool in past Olympics. USA's Karen and Sarah Josephson and Canada's Penny and Victoria Vilagos won gold and silver at Barcelona in 1992.

GOLDS TODAY

ATHLETICS Men's 400m Hurdles *4pm*, **Men's Shot Put** *12.30am*, **Men's Decathlon 1500m** *1.45am*, **Women's Javelin** *1.10am*, **Women's 400m Hurdles** *2.15am*, **Men's 200m** *2.30am* **BADMINTON Women's Doubles** *5pm* **BEACH VOLLEYBALL Men's** *4am* **BOXING Men's Light Heavyweight** *7.30pm* **CANOE SPRINT Men's K2 1,000m** *1pm*, **Men's C1 200m** *1.15pm*, **Men's K2 200m** *1.39pm*, **Women's K1 500m** *2.03pm* **DIVING Women's 10m Platform** *8pm* **HOCKEY Men's** *9pm* **SAILING Men's 49er FX** *5pm*, **Women's 49er FX** *6pm* **TAEKWONDO Women's -57kg** *2am*, **Men's -68kg** *2.15am* **TRIATHLON Men's** *3pm* **WRESTLING Women's Freestyle -53kg** *9.05pm*, **Women's Freestyle -63kg** *9.50pm*, **Women's Freestyle -75kg** *10.35pm*

GETTY; JAMES GLOSSOP/THE TIMES GLASGOW

BBC1

6.00am Olympic Breakfast
Naga Munchetty and Sally Nugent present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

*9.15am–1.45pm Switch to **BBC2** for highlights of yesterday's action, plus live coverage of canoe sprint finals and the decathlon 110m hurdles.*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See the Radio Times for 13–19 August for details.*

1.45pm–6.00 Olympics 2016

1.45pm Athletics, Triathlon and Sailing
Great Britain's Brownlee brothers, Alistair and Jonny, go for gold in the men's triathlon, with Alistair the defending champion. Their chances have been improved by the withdrawal through injury of Javier Gómez, although his fellow Spaniard Mario Mola is also a threat.

In the women's 49er medal race at the Marina da Gloria, the British contestants are Charlotte Dobson and Sophie Ainsworth, although they are considered to be outsiders. The Brazilian pair of Martine Soffiatti Grael and Kahena Kunze are well favoured to win a popular home gold.

Introduced by Hazel Irvine, with Gabby Logan, Jonathan Edwards and Shirley Robertson. (S) (HD)

Athletics
1.55 Men's shotput qualifying
2.00 Women's high jump qualifying
2.25 Decathlon discus, Group A
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley. Athletics coverage continues on BBC4.

Triathlon
3.00 Men's triathlon
Commentary comes from Matt Chilton and Annie Emmerson.

Sailing
5.00 Women's 49er medal race
Commentary by Niall Myant and Ian Walker.

*6.00–7.00 Switch to **BBC2** for sailing and boxing, including the women's flyweight semi-finals.*

6.00pm BBC News Weather

7.00–7.30 Olympics 2016

7.00 Olympics Round-up
Clare Balding presents the best of the day's action so far. Including live boxing, the men's middleweight semi-finals. Britain's Anthony Fowler, the reigning Commonwealth champion, could be a contender. (S) (HD).

*7.30–8.00 Switch to **BBC2** for boxing, men's light-heavyweight final, and women's taekwondo.*

7.30–8.00 EastEnders
See Radio Times 13–19 August for details.

8.00–10.00 Olympics 2016

8.00 Diving and Hockey
The women's 10m platform final could feature Britain's Tonia Couch and Sarah Barrow, up against North Korean world champion Kim Kuk-hyang and Ren Qian of China. There's also the start of the men's hockey gold medal match.

Presented by Clare Balding. (S) (HD).

Diving
8.00 Women's 10m platform final
Commentary by Bob Ballard and Leon Taylor.

Hockey
9.00 Men's final
With commentary from Matt Chilton, Simon Mason and Mel Clewlow.

*10.00–10.45 Switch to **BBC2** for continuing coverage of the men's hockey final*

10.00 BBC News Regional News

WHAT I'LL BE WATCHING
MARY BEARD

SHOT PUT
"To be honest, I don't watch much of the Olympics coverage. But I may turn the shot put on. I don't care a toss how far they can throw the damn thing, but I do find the muscles intriguing…"

10.45–5.00am Olympics 2016

10.45 Olympics Round-up
Mark Chapman and Clare Balding present highlights from the day so far. Including the latest from the men's hockey final. (S) (HD).

11.15 Basketball and Handball
Highlights from the semi-finals. (S) (HD)

12 midnight–5.00am Athletics, Taekwondo, Handball and Beach Volleyball
Usain Bolt is likely to take centre stage – for less than 20 seconds – in the men's 200m final, with, hopefully, Great Britain's Jade Jones in taekwondo final action.

Bolt has the knack of coming good for the big occasion and was pre-Games favourite to retain his 200m title. His fellow Jamaican Yohan Blake could push him hard, while Britain's European champion Adam Gemili may have a medal chance.

Scotland's in-form Eilidh Doyle could be another medal hopeful in the women 400m hurdles, and will have been working hard on her stride pattern for that extra yard, while the decathlon concludes with the 1500m.

In the taekwondo, Jade Jones won gold at London 2012 and it's to be hoped she's in the final of the women's -57kg category.

The night ends on the Copacabana Beach with the men's beach volleyball final.

Presented by Jason Mohammad, with Gabby Logan. (S) (HD)

Athletics
12.30 Men's shotput final
12.45 Men's 1500m semi-finals
1.10 Women's javelin final
1.15 Women's 800m semi-finals
1.45 Decathlon 1500m
2.15 Women's 400m hurdles final
2.30 Men's 200m final
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley, with analysis from Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson.

Taekwondo
2.00 Women's -57kg final

Beach Volleyball
4.00 Men's final

5.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton and Athletics
There will be British interest on the track in the sprint relay heats – Great Britain did well at last month's European Championships, with the men taking gold and the women silver. The reigning Olympic 4x100m champions are Jamaica's women and the USA's men.

The men's 400m hurdles final takes place, with Kenya's world champion Nicholas Bett, American Kerron Clement and Jamaica's Annsert Whyte among the favourites. The British entrants in this event were Jack Green and Sebastian Rodger.

The decathlon competition moves towards its conclusion with the discus for the Group B throwers and the pole vault.

The gold medal will be decided in the badminton women's doubles at the Riocentro. The world's top-ranked pair are Misaki Matsutomo and Ayaka Takahashi. They're likely to be challenged all the way in this competition by two Chinese pairings – Yang Yuanting and Yu Yang, and Tian Qing and Zhao Yuniel.

Ore Oduba presents, with Gabby Logan. (S) (HD)

Badminton
12.30 Women's singles semi-finals
2.30 Women's doubles bronze medal match
3.30 Men's doubles bronze medal match, and
4.30 Women's doubles gold medal match

Athletics
3.20 Women's 4x100m, round one
3.40 Men's 4x100m, round one
3.40 Decathlon discus, Group B
4.00 Men's 400m hurdles final
5.25 Decathlon pole vault
Commentary by Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley.

5.30 BMX Cycling
The men's quarter-finals from the Olympic BMX Centre, with coverage of three runs. Liam Phillips and Kyle Evans are the British representatives for this competition. (S) (HD)

6.00 Sailing
In Guanabara Bay, it's the climax of the men's 49er sailing class, with Britain's Dylan Fletcher and Alain Sign, who won bronze at the World Championships, possibly in contention.

Presented by Dan Walker with Shirley Robertson. Commentary comes from Niall Myant and Ian Walker. (S) (HD)

7.00 Basketball, Handball and Freestyle Wrestling
The semi-final stage has been reached in the women's basketball at Arena 1 of the Carioca and the women's handball at the Future Arena. Norway are the reigning Olympic women's handball champions and are also the current world champions in an event in which Europe is strong. Also in this broadcast, there's coverage of the finals in the women's freestyle wrestling, staged at Arena 2 of the Carioca. (S) (HD)

Basketball
7.00 First women's semi-final

Handball
7.30 First women's semi-final

11.00–2.00 Basketball
Dan Walker introduces live semi-final coverage of the women's basketball at Arena 1 of the Carioca as the line-up for the final is decided. This is a sport that's traditionally been dominated by the USA, and the Americans are the reigning Olympic champions. (S) (HD)

Basketball
11.00 Second women's semi-final

2.00–4.00am *BBC4 is showing regular programmes. For details see the issue of Radio Times for 13–19 August.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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ATHLETICS
1.30pm–4.05pm Men's decathlon: 110m hurdles from 1.30; discus from 2.25, 3.40. Men's shot put qualification from 1.55; women's high jump qualification from 2.00; women's 4x100m relay round one from 3.20; men's 4x100m relay round one from 3.40; men's 400m hurdles final at 4.00
5.25pm–8.25 Men's decathlon: pole vault, groups A and B
● **10.35pm–2.35am** Men's decathlon: javelin from 10.35pm, 11.45; 1500m from 1.45. Men's shot put final from 12.30am; men's 1500m semi-finals from 12.45; women's javelin final from 1.10; women's 800m semi-finals from 1.15; women's 400m hurdles final at 2.15; men's 200m final at 2.30

BADMINTON
● **12.30pm–5.30** Women's singles semi-finals from 12.30; women's doubles bronze-medal match (2.30), final (4.30); men's doubles bronze-medal match (3.30)

BASKETBALL
● **7.00pm–9.00** Women's semi-final: tip-off 7.00
● **11.00pm–1.00am** Women's semi-final: tip-off 11.00

BEACH VOLLEYBALL
● **2.00am–4.50** Men's bronze-medal match (2.00am), final (4.00)

BOXING
● **6.00pm–8.00** Semi-finals: women's flyweight from 6.00; men's bantamweight from 6.30; men's middleweight from 7.00. Final: men's light-heavyweight at 7.30

CANOEING
● **1.00pm–2.30** Canoe sprint finals: men's kayak double 1,000m from 1.00; men's canoe single 200m from 1.08; men's kayak double 200m from 1.32; women's kayak single 500m from 1.56

CYCLING – BMX
● **5.30pm–6.35** Men's BMX: quarter-finals

DIVING
● **2.00pm–3.30** Women's 10m platform semi-final
● **8.00pm–9.30** Women's 10m platform final

GOLF
● **11.30am–8.00pm** Women's individual stroke play: day two

HANDBALL
7.30pm–9.30 Women's semi-final
● **12.30am–2.30** Women's semi-final

HOCKEY
● **4.00pm–6.15** Men's bronze-medal match
● **9.00pm–11.30** Men's final

MODERN PENTATHLON
● **2.00pm–5.00** Women's fencing: ranking rounds
● **6.30pm–9.30** Men's fencing: ranking rounds

SAILING
● **5.00pm–7.00** Medal races: women's skiff 49er FX (5.00); men's skiff 49er (6.00)
(Reserve day: men's and women's two-person dinghy 470s from 2.00)

SYNCHRONISED SWIMMING
● **5.00pm–5.50** Team: technical routine preliminaries

TAEKWONDO
● **1.00pm–5.00** Prelimins: women's -57kg from 1.00; men's -68kg from 1.15
● **7.00pm–10.00** Women's -57kg quarter-finals from 7.00; semi-finals from 9.00. Men's -68kg quarter-finals from 7.15; semi-finals from 9.15
● **12 midnight–3.05am** Women's -57kg repechages; bronze-medal from 1.00am; final at 2.00. Men's -68kg repechages; bronze-medal from 1.15am; final at 2.15

TRATHLON
● **3.00pm–5.15** Men's event

VOLLEYBALL
5.00pm–7.00 Women's semi-final
● **2.15am–4.15** Women's semi-final

WATER POLO
● **3.00pm–5.40** Men's 5th to 8th-place classification (3.00); semi-final (4.20)
● **7.10pm–9.50** Men's 5th to 8th-place classification (7.10); semi-final (8.30)

WRESTLING
2.00pm–5.00 Women's freestyle -53kg, -63kg and -75kg: qualifiers and eliminations
● **8.00pm–11.00** Women's freestyle -53kg, -63kg and -75kg: repechages from 8.00; -53kg bronze-medal matches from 9.00, final at 9.16; -63kg bronze-medal matches from 9.40, final at 9.56; -75kg bronze-medal matches from 10.20, final at 10.36

WATCH ONLINE or on the RED BUTTON

dfs BELIEVE IT OR NOT WE'LL TAKE THE LOW ROAD, THANKS

Angry BMXers almost didn't make it to the Rio Games. Britain's Liam Phillips was so worried about safety on the precipitous Rio course that he led a threatened boycott by the world's best riders – until Brazilian officials relented and lowered the height of the jumps. The 27-year-old was among those who refused to take part in a test event last October. But when he went back to Rio in April, he decided he was happy with the changes.

NEW BOY BMX racing made its first appearance at Beijing in 2008

GETTY

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
Viewers with internet-connected TVs; YouView, BT YouView or TalkTalk boxes; and Virgin subscribers, can view all of the above sports via Red Button +

EXPLOSIVE
Super-heavyweight Joe Joyce shows his punching power

PICK OF THE ACTION

Boxing: Men's and Women's *6pm BBC2*

We've got 12 boxers at the Olympics – pictured is Team GB's super-heavyweight, the fine art graduate **Joe Joyce** – and I'll be disappointed if we don't get six or seven medals including a couple of golds. Some of the men had 11 fights just to qualify. But a tough passage means a hardened team. This is the first Olympics since 1980 at which the male boxers won't be wearing headguards, after it was proved that they do nothing to reduce head injuries. The only thing headguards were effective at was reducing cuts, but they also took away the personality of the boxer because you couldn't see his face. It could be a shock for viewers who aren't used to seeing guys sporting huge bruises, but it gives you a better idea of how much physical battering that a boxer takes. **Steve Bunce**

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Cycling: Women's and Men's BMX Finals

7pm ***BBC1***

If all the talk of sports science and "marginal gains" leaves you cold, this frenzied sport could be for you. Big leaps and bigger falls make this the most unpredictable of events, as eight riders pedal furiously on bikes that look like the sort of thing you'd give a toddler rather than a top athlete. But you only have to look at the armour worn by riders to remind you that BMX is no child's play. **James Gill**

Football: Women's Gold Medal Match

9.30pm ***BBC4***

A crowd of 70,000 watched Team GB's women at Wembley in London 2012, but sadly, the English, Scottish, Welsh and Northern Ireland FAs couldn't get it together for a tilt at the title in 2016. So Britain is without a team in Rio and misses a chance to take the women's game to the next level. The USA won their fourth title in London. As for the hosts, neither women nor men have ever won Olympic gold. **James Gill**

Hockey: Women's Gold Medal Match

9pm ***BBC1***

Hockey was my sport growing up – I made it to England Under-18 development, so I know some of the team. Captain Kate Richardson-Walsh is competing in her fourth Olympics. She's inspirational; in 2012 she had her face cracked in during the opening match and broke her jaw, but still returned to pick up a bronze medal. Could they go one better and make today's final? **Ore Oduba**

Athletics: 4x100m Relay Finals

2.14am, 2.35am ***BBC1***

The best chance for British sprinting is in the 4x100m relays. If they do it properly, they could be a serious contender alongside Jamaica and the USA. Relays aren't predictable, but our men and women's teams have some impressive performers. In London only the USA and Russia won more gold medals in athletics. With Russia absent, who knows? **Brendan Foster**

BRIT TO WATCH

BOXING *6pm* ***BBC2***

Sharing your name with The Greatest, you'd better know the ropes. But 19-year-old GB flyweight **Muhammad Ali** does. "As a kid, he watched Amir Khan train," says commentator Steve Bunce. Khan's coach Mick Jelley took him on – now he's tipped for a medal.

SOMETHING NEW

ATHLETICS: MEN'S 50km WALK

12 noon ***Online***

You must waddle to win one of the weirdest events of the Games. One foot must always be touching the ground in race walking, but even competitors admit it's a rule made to be broken.

GOLDS TODAY

ATHLETICS Men's 50km Walk *12 noon*, Women's 20km Walk *6.30pm*, Women's Pole Vault *12.30am*, Men's Hammer *1.05am*, Women's 5,000m *1.40am*, Women's 4x100m Relay *2.14am*, Men's 4x100m Relay *2.35am* **BADMINTON** Women's Singles *12.30pm*, Men's Doubles *12.30pm* **BOXING** Women's Lightweight *8pm* **CYCLING** Women's BMX *7pm*, Men's BMX *7.10pm* **EQUESTRIAN** Individual Showjumping *2pm* **FOOTBALL** Women's *9.30pm* **HOCKEY** Women's *9pm* **MODERN PENTATHLON** Women's Combined *2pm* **SYNCHRONISED SWIMMING** Team Free Routine *4pm* **TAEKWONDO** Women's -67kg *2am*, Men's -80kg *2.15am* **WATER POLO** Women's *7.30pm* **WRESTLING** Men's Freestyle -57kg *9.30pm*, Men's Freestyle -74kg *10.30pm*

HOW IT WORKS

Men's Hammer *1.05am* ***BBC1***

Probably the most dynamic of the athletics throwing events, the hammer throw turns athletes weighing well over 100kg into twisting, pirouetting dancers. The iron balls weigh 7.2kg for men and 4kg for women, and are attached to a steel cable 1.2m long. Throwers start with their back to where they want to throw, first swinging the ball around their head before rotating their body with phenomenal acceleration. It may look like sheer brute strength, but the secret is actually in nimble footwork. One foot will shift quickly from heel to toe, while the other pivots round to maintain balance. Not even *Strictly Come Dancing* can match these bulky ballerinas. **James Gill**

GETTY; MARK ROBINSON/THE SUN/NEWS SYNDICATION

BBC1

6.00am Olympic Breakfast
Sally Nugent and Naga Munchetty present a round-up of the news, while the presenters in Rio preview today's events at the Games. (S) (HD)

*9.15am–1.45pm Switch to **BBC2** for replays of last night's action, followed at 1pm by live coverage of canoe sprint heats, the men's 50km race walk and men's -80kg taekwondo preliminary bouts*

9.15–1.45pm *BBC1 is showing regular programmes every morning. See the issue of Radio Times 13–19 August for details.*

1.45pm–6.00 Olympics 2016

1.45pm Canoeing, Equestrian, Modern Pentathlon and BMX Cycling
Canoe sprint semi-finals at Lagoa Stadium are followed by the showjumping individual final. Plus swimming in the women's modern pentathlon, and the men's and women's BMX semi-finals. Presented by Hazel Irvine, with Lee McKenzie, Patrick Winterton and Helen Reeves. (S) (HD

Canoeing
2.07 Men's K1 200m semi-finals
2.21 Men's C2 1,000m semi-finals
2.29 Women's K4 500m semi-finals
2.36 Men's K4 1,000m semi-finals
Equestrian
2.00, 5.30 Showjumping individual final. With commentary by Michael Tucker, Ian Stark and Andy Austin.
Modern Pentathlon
4.00 Women's swimming round. Commentary comes from Eleanor Oldroyd and Steph Cook.
BMX Cycling
5.30 Women's semi-finals, run one
5.38 Men's semi-finals, run one

*6.00–7.00 Switch to **BBC2** for continuing Olympic coverage including BMX cycling, boxing and the women's 20km race walk*

6.00 BBC News Weather

7.00–8.00 Olympics 2016

7.00 BMX Cycling, Boxing and Modern Pentathlon
There are medals up for grabs on the BMX track in the men's and women's finals. Former world champion Liam Phillips is Team GB's best hope.

Plus boxing semi-finals in the men's super-heavyweight and women's middleweight divisions. The women's modern pentathlon also continues with riding. (S) (HD

BMX Cycling
7.00 Women's final
7.10 Men's final
Boxing
7.00 Men's super-heavyweight semi-finals
7.30 Women's middleweight semi-finals
Commentary comes from Ronald McIntosh and Richie Woodhall, with guest Anthony Joshua.
Modern Pentathlon
7.30 Women's riding round. Commentary is by Eleanor Oldroyd and Steph Cook.

*8.00–8.30 Switch to **BBC2** for the boxing women's lightweight final and coverage of taekwondo quarter-finals*

8.00–8.30 EastEnders
See Radio Times 13–19 August for details.

8.30–10.00 Olympics 2016

8.30 Taekwondo and Hockey
The taekwondo quarter-finals in the men's -80kg and women's -67kg continue, then the semi-finals.

Britain's women's hockey team will hope to be in action in the final, as they look to go at least one better than the bronze they won in London. Clare Balding presents. (S) (HD)

WHAT I'LL BE WATCHING
TIM DOWLING

MODERN PENTATHLON
"I'm a big fan of the so-called 'modern' pentathlon: running, swimming, fencing, shooting and riding. The five skills you need to escape from a moated castle in the 18th century. It's a shame competitors don't wear ruffled sleeves and powdered wigs. I think the organisers are missing a trick there."

Taekwondo
8.30 Women's -67kg quarter-finals
8.45 Men's -80kg quarter-finals
9.00 Women's -67kg semi-finals
9.15 Men's -80kg semi-finals
Hockey
9.30 Women's final

*10.00–10.45 Switch to **BBC2** for coverage of the women's hockey final and the modern pentathlon*

10.00 BBC News Weather

10.45–4.00am Olympics 2016

10.45 Olympics Round-Up
Mark Chapman and Clare Balding round up the day's action and look ahead to the night's events.

11.30 Football
Action from the women's final.

12 midnight–4.00am Athletics, Handball, Taekwondo and Volleyball
There are medals to be won on the track, with the Jamaican women's sprint team out to retain their Olympic title in the 4x100m relay. Plus the women's 5,000m final, the women's pole vault final and the men's hammer final.

The gold medal match of the men's -80kg taekwondo could see British-born world number one Aaron Cook, fighting for Moldova after being overlooked by Team GB in 2012, in action. (S) (HD)

Athletics
12.30 Women's pole vault final
12.40 Women's 4x400m round one
1.05 Men's hammer final
1.10 Men's 4x400m round one
1.40 Women's 5,000m final
2.15 Women's 4x100m final
2.35 Men's 4x100m final
Gabby Logan presents. Brendan Foster, Andrew Cotter, Steve Cram and Steve Backley commentate.
Handball
12.30 Men's second semi-final
Taekwondo
2.15 Men's -80kg final
Volleyball
2.15 Men's second semi-final

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00pm Badminton
The penultimate day in the badminton competition sees action in the men's singles semi-finals, and the women's singles bronze-medal match and final. China has dominated the sport in recent years and took home all the gold medals from London 2012. In the women's singles, the reigning champion Li Xuerui may face challenges from her compatriot Wang Yihan and Spain's Carolina Marin, who have both moved above her in the world rankings. (S) (HD)
1.00 Men's singles semi-finals
2.30 Women's singles bronze-medal match
3.30 Women's singles gold-medal match

4.00 Badminton, Hockey, BMX Cycling and Golf
The badminton action continues with the men's doubles gold-medal match. The Chinese pair who won in 2012, Fu Haifeng and Cai Yun, no longer play together and Fu's new partnership with Zhang Nan has not been so profitable. Will the South Korean world number ones, Lee Yong Dae and Yoo Yeon Seong, be able to purge Lee's memories of a disappointing bronze in London and take the gold their form suggests is rightfully theirs?

There's also a medal on offer in the women's hockey, namely bronze. Team GB hope not to be involved at this stage – eight of the team that won bronze in 2012 are in the squad, and they'd much rather be competing for silver and gold.

On the BMX track there are the first runs in the men's and women's semi-finals.

There's also coverage from the third and penultimate round of the women's golf, which began this morning.

Presented by Ore Oduba. (S) (HD)
Hockey
4.00 Women's bronze-medal match. Commentary by Matt Chilton, Simon Mason and Mel Clewlow.
Badminton
4.30 Men's doubles final
BMX Cycling
5.30 Women's semi-finals, run one
5.38 Men's semi-finals, run one

6.00 Boxing, Golf, Volleyball and Water Polo
The men's light-welterweight semi-finals will be nearing completion and the flyweight semi-finals are next up in the boxing at the Riocentro Pavilion 6. And there's further play in the third round of the women's golf.

There's action from the first semi-final of the men's volleyball at the Maracanazinho, and the women's water polo competition comes to a close with the gold-medal match, where Team USA will likely be in contention – they've been in the medals at all the Games that have included a women's competition. (S) (HD)
Boxing
6.00 Men's flyweight semi-finals
Water Polo
7.30 Women's gold-medal match

9.30–2.00am Football and Basketball
The women's football competition concludes. While USA – four-times gold medallists – are strongly fancied to feature, locals and neutrals will be hoping that hosts Brazil, who surprisingly have never won an Olympic title, will also feature. Plus basketball, as the men's second semi-final is played at Carioca Arena 1. (S) (HD)
Football
9.30 Women's gold-medal match
Basketball
11.00 Men's second semi-final

2.00–6.00am *BBC4 is showing regular programmes. See Radio Times 13–19 August.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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DAY 14

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ATHLETICS
- ● **12 noon–4.20** Men's 50km race walk
- ● **6.30pm–8.15** Women's 20km race walk
- ● **12.30am–2.45** 12.30am Women's pole vault final; 12.40am women's 4x400m relay, round one; 1.05 men's hammer throw final; 1.10am men's 4x400m relay, round one; 1.40 women's 5,000m final; 2.15 women's 4x100m relay final; 2.35 men's 4x100m relay final

BADMINTON
- ● **12.30pm–5.30** Men's singles semi-finals from 12.30pm; women's singles bronze-medal match at 2.30; final at 3.30; men's doubles final at 4.30

BASKETBALL
- ● **7.30pm–9.30** Men's semi-final
- ● **11.00pm–1.00am** Men's semi-final

BOXING
- **6.00pm–7.30** Men's semi-finals: flyweight from 6.00; light welterweight from 6.30; super heavyweight from 7.00
- **7.30pm–8.45** Women's: middleweight semi-finals from 7.30; lightweight final at 8.00

CANOEING
- ● **1.00pm–2.45** Canoe sprint heats: men's kayak single 200m from 1.00; men's canoe double 1,000m from 1.21; women's kayak four 500m from 1.37; men's kayak four 1,000m from 1.51. Semi-finals: men's kayak single 200m from 2.07; men's canoe double 1,000m from 2.21; women's kayak four 500m from 2.29; men's kayak four 1,000m from 2.36

CYCLING
- ● **5.30pm–7.45** BMX: women's semi-finals from 5.30; final at 7.00. Men's semi-finals from 5.38; final at 7.10

DIVING
- ● **8.00pm–11.10** Men's 10m platform preliminaries

EQUESTRIAN
- ● **2.00pm–3.40** Showjumping: Individual final, round A
- ● **5.30pm–6.30** Showjumping: Individual final, round B

FOOTBALL
- ● **5.00pm–7.00** Women's bronze medal match
- ● **9.30pm–11.30** Women's final

GOLF
- ● **11.30am–8.00pm** Women's individual strokeplay: day three

GYMNASTICS
- ● **2.20pm–5.20** Rhythmic: individual all around qualification: rotations at 2.20, 3.50
- ● **6.50pm–9.50** Rhythmic: individual all around qualification: rotations at 6.50, 8.20

HANDBALL
- ● **7.30pm–9.30** Men's semi-final
- ● **12.30am–2.30** Men's semi-final

HOCKEY
- ● **4.00pm–6.15** Women's bronze medal match
- ● **9.00pm–11.30** Women's final

MODERN PENTATHLON
- ● **4.00pm–4.35** Women's events: swimming
- ● **6.00pm–8.40** Women's events: fencing from 6.00; riding from 7.30
- ● **10.00pm–10.35** Women's events: combined

SAILING
- **2.00pm–9.30** Reserve day: women's 49er FX skiff. Reserve day: men's 49er skiff

SYNCHRONISED SWIMMING
- **4.00pm–5.10** Teams: free routine final

TAEKWONDO
- ● **1.00pm–5.00** Preliminaries: women's -67kg from 1.00; men's -80kg from 1.15
- ● **7.00pm–10.00** Women's -67kg quarter-finals from 7.00; semi-finals from 9.00. Men's -80kg quarter-finals from 7.15; semi-finals from 9.15
- ● **12 midnight–2.30am** Repechages from 12 midnight. Women's -67kg bronze-medal match at 1.00am; final at 2.00. Men's -80kg bronze- medal at 1.15am; final at 2.15

VOLLEYBALL
- **5.00pm–7.00** Men's semi-final
- ● **2.15am–4.15** Men's semi-final

WATERPOLO
- ● **2.00pm–4.40** Women's: play-off for 7th and 8th places (2.00); bronze-medal match (3.20)
- **6.10pm–8.50** Women's: play-off for 5th and 6th places (6.10); final (7.30)

WRESTLING
- **2.00pm–5.00** Men's freestyle 57kg and 74kg: qualifiers, elimination rounds
- ● **8.00pm–11.00** Men's freestyle 57kg and 74kg: repechage rounds from 8.00; bronze-medal matches from 9.12; finals from 9.38

WATCH ONLINE or on the RED BUTTON

dfs

BELIEVE IT OR NOT – THE STAR WHOSE SHED COMES FIRST

Lutalo Muhammad will be Team GB's great hope for Taekwondo gold in Rio. But the man who is possibly our greatest exponent of the Korean martial art – Aaron Cook – now fights for the Muldovan team. Cook eschewed GB's official training for 2012 and instead prepared for his bouts in a shed... GB Taekwondo then refused to name him in the 2012 squad, so Cook sought and obtained Moldovan citizenship.

GOING FOR GOLD GB's Lutalo Muhammad won bronze in 2012

NIVKY JOHNSTON; GETTY

NOTE: Watch all the events marked ● above on your red button. (Viewers with older Freeview boxes may have limited coverage)
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MO THE MERRIER
The "mobot" was an enduring image of London 2012

PICK OF THE ACTION

Athletics: Men's 5,000m

1.30am ***BBC1***

No one can doubt how hard Mo Farah is prepared to work to try to make history. He has to run 25 laps for the 10,000m, two races of 12-and-a-half laps for the 5,000m. By the time he finishes tonight's final he will have run 50 times round that track – I just hope it brings him back at least one gold medal. He's learnt to win. He's beaten them all – Kenyans, Ethiopians – on the big occasions. He has more gold medals from major championships than any other British athlete. If I was a betting man, which I am, I'd have a fiver on Mo. **Brendan Foster**

Athletics: Men's Javelin Final

12.55am ***BBC1***

The javelin is so different from when I was competing. There were very few African throwers then – Justin Arop of Uganda was one. When I threw against him in India, he threw in bare feet. I lent him my spikes, thinking he'd improve; he put them on and fell flat on his face. He gave them back to me as if I'd sabotaged him. Now, Kenya's Julius Yego is the world and Commonwealth champion; he's thrown the best throw since 2006 with 92.72m. **Steve Backley**

Athletics: Women's Triathlon

3pm ***BBC1***

The sheer variety of disciplines is what makes the triathlon so tough. It's relentless. Rio will be brilliant – it's got a really rough sea swim and the bike course is hard and technical. I'd be really surprised if we didn't come home with a couple of medals – but it's unpredictable. Gwen Jorgensen of the USA has dominated recently – if she's in the race, it'll be hard to look beyond second and third place for the other girls. But GB's Helen Jenkins is in phenomenal shape, Non Stanford is very talented and Vicky Holland is great, too. **Annie Emmerson**

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Boxing: Women's Flyweight Final

6pm ***BBC1***

Olympic champion **Nicola Adams** is in great form and I strongly fancy her to retain her Olympic title, something only one British boxer has ever done – middleweight Harry Mallin, way back in 1920 and 1924. Adams recently became world champion, the last remaining major title to elude her. It means she's now reigning Olympic, world, Commonwealth and European champion. She won't fear anyone. **Steve Bunce**

Athletics: Women's High Jump Final

12.30am ***BBC1***

She once rivalled Katarina Johnson-Thompson as the next bright young thing in British heptathlon, but in Rio 2016 Morgan Lake has cut down to one rather than seven disciplines. The 19-year-old is Britain's only athlete in the women's high jump, an event that will be wide open following Russia's Olympic ban. Both gold and bronze were won by Russian athletes in London 2012 – gold medal winner Anna Chicherova has since been provisionally suspended after retested samples from 2008 came back positive. **James Gill**

Diving: Men's 10m Platform Final

8.30pm ***BBC1***

Since the last Olympics, Tom Daley has moved from Plymouth to London, he's found a new coach, and in May he won the European championships. I think he's in a pretty good place physically and personally, so it's likely we'll see the best of him in Rio. In 2012, Daley's diving was the fifth highest-viewed event we had at the Games. He unites a whole cross-section of people. In London, Tom was Britain's main hope for diving medals, but in Rio he's not the only one – Jack Laugher and Chris Mears also have very good opportunities to get on the podium. **Bob Ballard**

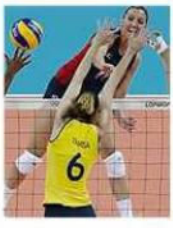
STAR TO WATCH

GOLF: WOMEN'S INDIVIDUAL STROKE PLAY *11am* ***Red Button+/online***

Teenage phenomenon **Lydia Ko** of New Zealand became the youngest female winner of a major last year. Can she add Olympic gold to her list of honours?

SOMETHING NEW

VOLLEYBALL: WOMEN'S FINAL *2.15am* ***Online***



After their triumphs in 2008 and 2012, Brazil are going for the hat-trick.

GOLDS TODAY

ATHLETICS Men's 1500m *1am,* Women's 800m *1.15am,* Men's 5,000m *1.30am,* Women's High Jump *12.30am,* Men's Javelin *12.55am,* Women's 4x400m Relay *2am,* Men's 4x400m Relay *2.35am* **BADMINTON** Men's Singles *2pm* **BASKETBALL** Women's *7.30pm* **BOXING** Women's Flyweight *6pm,* Men's Bantamweight *6.15pm,* Men's Middleweight *7pm* **CANOE SPRINT** Men's K1 200m *1pm,* Men's C2 1,000m *1.14pm,* Women's K4 500m *1.32pm,* Men's K4 1,000m *1.49pm* **CYCLING** Women's cross-country *4.30pm* **DIVING** Men's 10m Platform *8.30pm* **FOOTBALL** Men's *9.30pm* **GOLF** Women's *11am* **MODERN PENTATHLON** Men's *4pm* **RHYTHMIC GYMNASTICS** Individual All-around Last Rotation *7.20pm* **HANDBALL** Women's *7.30pm* **TAEKWONDO** Women's +67kg *2am,* Men's +80kg *2.15am* **TRIATHLON** Women's *3pm* **VOLLEYBALL** Women's *2.15am* **WATER POLO** Men's *9.50pm* **WRESTLING** Men's Freestyle -86kg *9.30pm,* Men's Freestyle -125kg *10.30pm*

WHY WATCH IT...

Modern Pentathlon

Modern pentathlon's mentally and physically challenging events comprise swimming, fencing, horse riding, with a finale of running and shooting. The leader from the first three rounds starts first, with the rest released on a staggered start. The riding event is perhaps the trickiest. Cmpetitors are randomly assigned horses, and rider and steed have just 20 minutes to bond before facing the showjumping course. And after all that, you must calm yourself down mid-run for shooting. Pictured left to right are Team GB members **Samantha Murray, Joe Choong, James Cooke** and **Kate French.** The men's event is today, following on from the women's yesterday. **Stephanie Cook** *4pm* ***Red Button+/online***

GETTY; REX; PA

BBC1

6.00am Olympic Breakfast
Louise Minchin and Naga Munchetty present a round-up of the news, with presenters in Rio previewing today's events at the Games. (S) (HD)

9.15am–1.00pm *Switch to* ***BBC2*** *for a replay of last night's action*

9.15–12.45pm *BBC1 is showing regular programmes every morning. See issue of Radio Times 20–26 August for details.*

12.45pm–5.30 Olympics 2016

12.45pm Canoeing, Badminton, Taekwondo and Triathlon
In the canoeing, there are the finals of the men's C2 over a distance of 1,000m and the men's K1 over 200 metres – an event for which the current Olympic champion, Great Britain's Ed McKeever, failed to qualify, thus leaving Liam Heath to fly the flag for Team GB. Also taking place are the men's and women's K4 events over 1,000m and 500m respectively, in which there could be additional British interest.

There's also the culmination of the men's badminton, with the bronze medal match preceding the battle for gold, currently held by China's Lin Dan.

There are preliminary bouts in taekwondo in the men's +80kg and women's +67kg categories. The women's triathlon also takes place this afternoon, with British hopes resting on the shoulders of 2013 world champion Non Stanford, Helen Jenkins – who has won two world titles, the last being in 2011 – and Vicky Holland. (S) (HD)

Canoeing
1.07 Men's K1 final
1.32 Women's K4 500m final
Commentary comes from Patrick Winterton and Helen Reid.

Triathlon
3.00 Women's triathlon
Jonathan Edwards introduces the action while commentary comes from Matt Chilton and Annie Emerson.

5.30–5.50 *Switch to* ***BBC2*** *for badminton and diving highlights*

5.30pm BBC News Weather

5.50pm–10.20 Olympics 2016

5.50 Boxing and Diving
Four years ago, Nicola Adams became the first ever female boxer to win Olympic gold when she defeated Ren Cancan of China in the final of the flyweight competition. Now the holder of the World, Commonwealth and European titles at the same weight, she will be hoping to retain her Olympic title tonight. There are British hopes at other weights too, with Qais Ashfaq featuring in the men's bantamweight competition and Antony Fowler competing at middleweight.

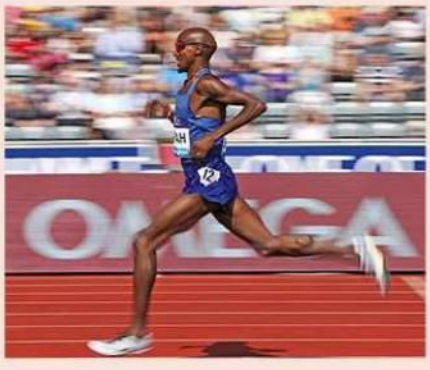
In the Aquatics Centre, Tom Daley will hope to have qualified for the 10m platform final and will be looking to improve on the bronze medal he won in London in this event. (S) (HD)

Boxing
6.00 Women's flyweight final
6.15 Men's bantamweight final
7.00 Men's middleweight final
Presented by John Inverdale with commentary by Ronald McIntosh and Richie Woodhall. Plus expert opinion from guest Anthony Joshua.

Diving
8.30 Men's 10m platform final
Bob Ballard and Leon Taylor commentate.

10.20–11.55 *Switch to* ***BBC2*** *for modern pentathlon and the men's combined race, taekwondo quarter-finals, plus a catch-up on all the latest action from Rio*

WHAT I'LL BE WATCHING
ADE ADEPITAN



MO FARAH
"If Mo Farah wins again, he'll be rewriting the record books. Being an underdog breeds leaders, because you've had to try 100 per cent all your life. You're used to adversity and challenges, to things not going your way. That's when people who are able to overcome things shine. Like me, Mo Farah came from another country and had to overcome so much to succeed. That prepares you really well to be an elite athlete."

10.20 BBC News Weather

10.20–11.55 *BBC1 is showing regular programmes here. See Radio Times issue for 20–26 August*

11.55pm–4.00am Olympics 2016

11.55pm Athletics, Taekwondo and Volleyball
Jason Mohammad introduces action from the penultimate evening of the Games, with a busy athletics schedule taking centre stage.

There are no fewer than seven athletics finals to savour tonight with the women's high jump and men's javelin providing the backdrop to some highly anticipated action on the track, including the men's 1500m and women's 800m finals. But it's the men's 5,000m final that will have British fans on the edge of their seats – just as they were at London 2012 – as Mo Farah defends his 5,000m title on what could be a historic sporting night for the Somalia-born Briton.

The women's and men's 4x400m finals should see the USA and the Bahamas in the reckoning to defend those titles, respectively.

There's also taekwondo, followed by the women's volleyball gold-medal match.

Gabby Logan presents all the action. (S) (HD)

Athletics
12.30am Women's high jump final
12.55 Men's javelin final
1.00 Men's 1500m final
1.15 Women's 800m final
1.30 Men's 5,000m final
2.00 Women's 4x400m final
2.35 Men's 4x400m final
Commentary comes from Steve Cram, Brendan Foster, Andrew Cotter and Steve Backley, with expert opinion from guests including Michael Johnson, Denise Lewis, Paula Radcliffe and Colin Jackson. Phil Jones reports from trackside.

Taekwondo
2.00am Women's +67kg gold medal contest
2.15 Men's +80kg gold medal contest.

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–2.00am Olympics 2016

1.00 Badminton
This afternoon sees the conclusion of the men's badminton competition. Going into these Games, China held all five badminton Olympic titles – the men's and women's singles and doubles, and the mixed doubles. Lee Chong Wei of Malaysia came closest to breaking that dominance in the final four years ago against Lin Dan, winning the first game before losing the second heavily and being edged out 21–19 in the decider. (S) (HD)

3.00 Diving
The men's 10m platform semi-final sees David Boudia begin the defence of his Olympic title. GB's Tom Daley, who won bronze in this event in 2012, also competes, as does Bo Qiu of China who beat him into silver in London. Commentary comes from Bob Ballard and Leon Taylor. (S) (HD)

4.30 Golf and Cycling
It's the last day of action from the Olympic Golf Course as the women play their fourth and final round today. Charley Hull and Catriona Matthew will be hoping to be in contention. Dan Walker introduces the action, with events coming to a head at around 7.30pm.

Before the golf concludes, coverage will be split between that and the women's mountain bike cross-country event. There were only 30 places available for this race and Great Britain unfortunately failed to qualify. Julie Bresset of France is the current Olympic champion, having beaten Germany's Sabine Spitz by over a minute in 2012. Georgia Gould of USA took bronze, while Team GB's Annie Last finished a respectable eighth. (S) (HD)

7.30 Handball, Basketball and Modern Pentathlon
Live coverage of the women's final in either the handball competition, in which Norway are the current Olympic champions, or the basketball, where the holders are USA. Norway's victory in the handball in 2012 was remarkable in that they only finished fourth in their group and with a negative goal difference. They also trailed by four goals at half time in their quarter-final with Brazil before emerging 21–19 victors.

There will also be updates from the men's competition in the modern pentathlon where the 36 athletes will be nearing the end of an arduous day which began with swimming, followed by fencing and riding before the combined event of running and shooting. Commentary on their exertions comes from Eleanor Oldroyd and Steph Cook. (S) (HD)

9.30 Football
The men's football final kicks off at Rio's Maracana Stadium, where the 2014 World Cup final, won by Germany, was held. Sixteen nations took part in the tournament this year, including hosts Brazil, defending champions Mexico, Argentina, Germany, Portugal, Colombia, Nigeria, Mexico, Sweden and Denmark. Fiji, Iraq and Honduras were among the less-fancied sides in the mix and are unlikely to feature today. As for Great Britain, having entered a team as hosts in 2012, they reverted to previous type by not doing so this time. Brazil have never won Olympic gold in football. They will be fancied to put that right this year. Dan Walker introduces the action. (S) (HD)

11.30–2.00am Water Polo
Highlights of the men's final held earlier at the Aquatics Stadium. Current holders are Croatia, who beat Italy 8–6 in London in 2012. (S) (HD)

2.00–4.00am *BBC4 is showing regular programmes here. See the Radio Times issue of 20–26 August for full details*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

* Events are subject to time or channel changes

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ATHLETICS
- **12.10am–3.00** Women's high jump final at 12.30am; men's javelin throw final at 12.55; men's 1500m final at 1.00; women's 800m final at 1.15; men's 5,000m final at 1.30; women's 4x400m relay final at 2.00; men's 4x400m relay final at 2.35

BADMINTON
- **12.30pm–2.30** Men's singles: bronze-medal match at 12.30pm; final at 1.30

BASKETBALL
- **3.30pm–5.30** Women's bronze-medal match
- **7.30pm–9.30** Women's final

BOXING
- **6.00pm–7.15** Finals: women's flyweight (51kg) at 6.00; men's bantamweight (56kg) at 6.15; men's middleweight (75kg) at 7.00

CANOEING
- **1.00pm–2.00** Canoe sprint finals: men's kayak single (K1) 200m from 1.00; men's canoe double (C2) 1,000m at 1.14; women's kayak four (K4) 500m at 1.32; men's kayak four (K4) 1,000m at 1.49

CYCLING
- **4.30pm–6.15** Women's mountain bike cross-country final

DIVING
- **3.00pm–4.50** Men's 10m platform semi-final
- **8.30pm–9.55** Men's 10m platform final

FOOTBALL
- **5.00pm–7.00** Men's bronze medal match
- **9.30pm–11.30** Men's final

GOLF
- **11.00am–7.30pm** Women's individual stroke play final

GYMNASTICS
- **2.00pm–3.10** Rhythmic: group all around qualification
- **4.40pm–5.50** Rhythmic: group all around qualification
- **7.20pm–9.35** Rhythmic: individual all around finals.: rotations at 7.20, 7.53, 8.26, 8.59

HANDBALL
- **3.30pm–5.30** Women's bronze-medal match
- **7.30pm–9.30** Women's final

MODERN PENTATHLON
- **4.00pm–4.35** Men's events: swimming
- **6.00pm–6.50** Men's events: fencing
- **7.30pm–10.20** Men's events: riding from 7.30; combined event from 10.00

TAEKWONDO
- **1.00pm–5.00** Preliminaries: women's +67kg from 1.00; men's +80kg from 1.15
- **7.00pm–10.00** Women's +67kg quarter-finals from 7.00; semi-finals from 9.00. Men's +80kg quarter-finals from 7.15; semi-finals from 9.15
- **12 midnight–2.30am** Women's +67kg bronze-medal match at 1.00am; final at 2.00. Men's +80kg bronze- medal at 1.15am, final at 2.15

TRIATHLON
- **3.00pm–5.15** Women's event

VOLLEYBALL
- **5.00pm–7.00** Women's bronze-medal match
- **2.15am–4.30** Women's final

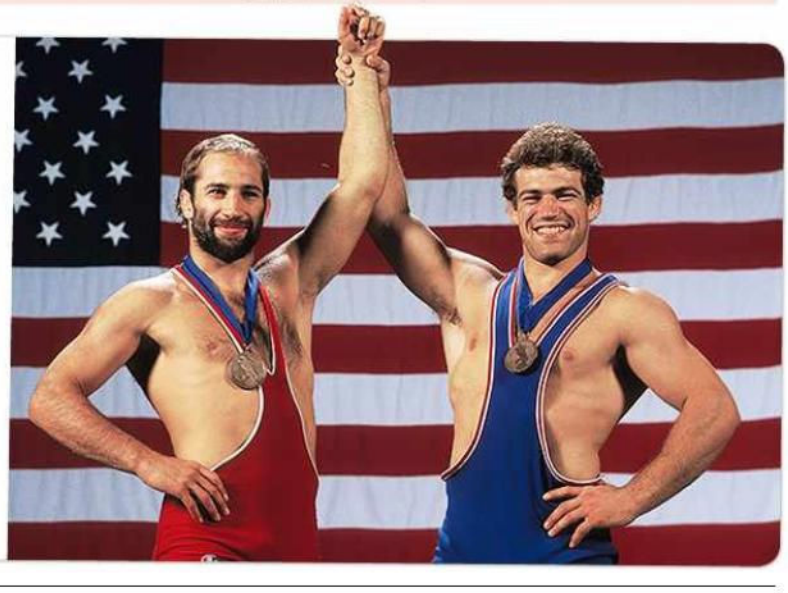
WATERPOLO
- **3.40pm–6.20** Men's: play-off for 7th and 8th places (3.40); bronze-medal match (5.00)
- **8.30pm–11.40** Men's: play-off for 5th and 6th places (8.30); final (9.50)

WRESTLING
- **2.00pm–5.00** Men's freestyle 86kg and 125kg: qualifiers from 2.00; repechages from 2.30; semi-finals at 4.20, 4.40
- **8.00pm–10.45** Men's freestyle 86kg and 125kg: repechage rounds from 8.00; bronze-medal matches at 9.10, 10.07; finals at 9.38, 10.30

WATCH ONLINE or on the RED BUTTON

dfs BELIEVE IT OR NOT SIBLINGS WHO KNOW HOW TO GET A GRIP

Olympic wrestling is generally strange. For instance, has any other discipline had so many successful siblings? In 1984 US brothers Dave and Mark Schultz (right, with Dave in red) both won gold medals. For Russia, Buvaisar Saitiev won the 74kg freestyle gold in 1996, 2004 and 2008 – and his brother Adam won gold in the freestyle 85kg event at the 2000 Sydney games. Fellow Russian Sergei Beloglazov won bantamweight gold at Moscow in 1980 and Seoul in 1988; and his twin brother Anatoly won the flyweight gold at the 1980 Moscow Olympics. There was a bizarre and tragic coda to the Schultz brothers' story when, in 1996, Dave was gunned down by self-styled coach and wrestling-obsessed millionaire John du Pont – a tale retold in the 2014 movie *Foxcatcher*, starring Steve Carell and, as Dave Schultz, Mark Ruffalo.



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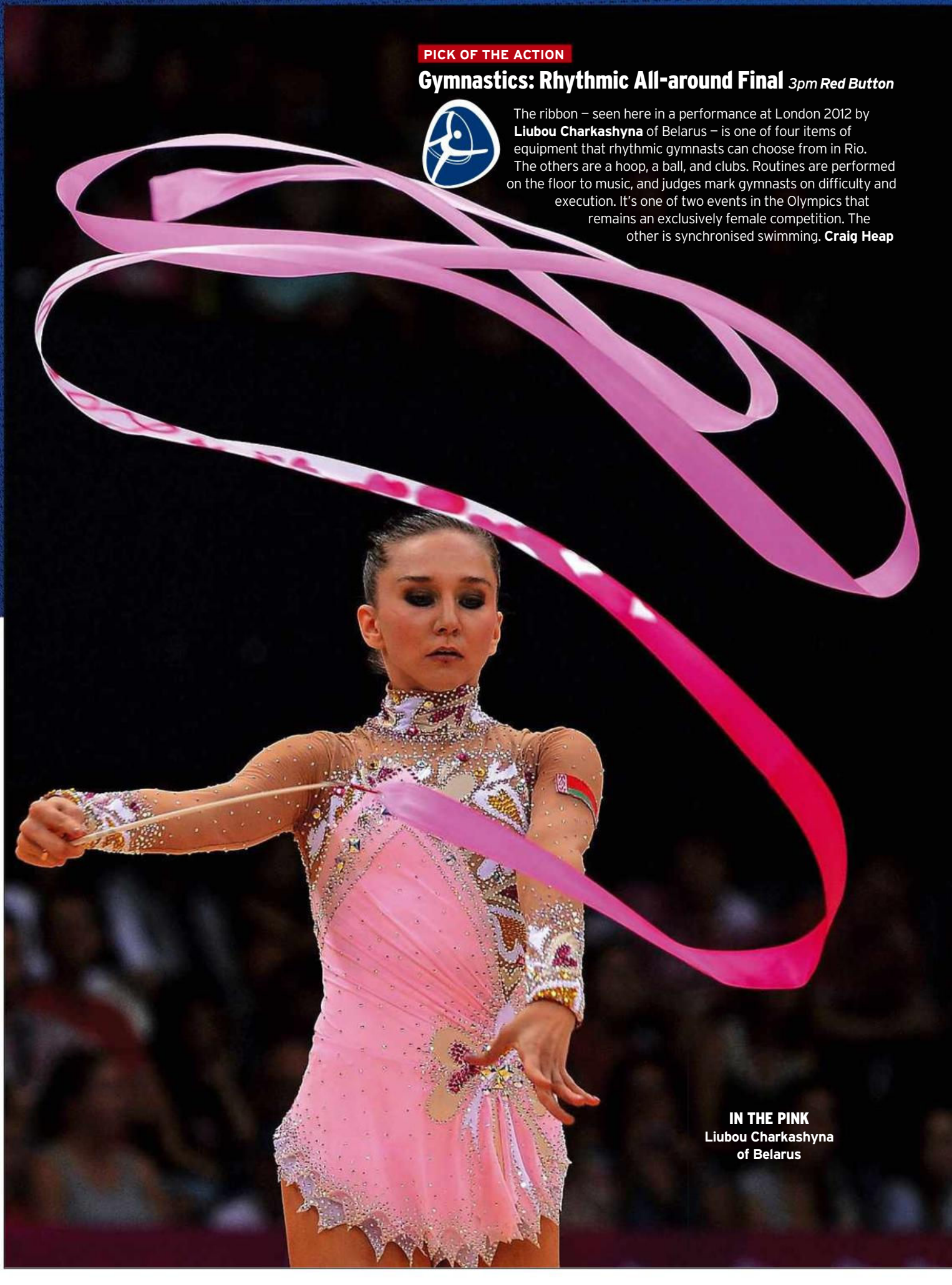
PICK OF THE ACTION

Gymnastics: Rhythmic All-around Final *3pm Red Button*

The ribbon – seen here in a performance at London 2012 by **Liubou Charkashyna** of Belarus – is one of four items of equipment that rhythmic gymnasts can choose from in Rio. The others are a hoop, a ball, and clubs. Routines are performed on the floor to music, and judges mark gymnasts on difficulty and execution. It's one of two events in the Olympics that remains an exclusively female competition. The other is synchronised swimming. **Craig Heap**



IN THE PINK
Liubou Charkashyna of Belarus

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Athletics: Men's Marathon

1.30pm ***BBC1***

The marathon is always a fitting end to a Games, giving broadcasters a last chance to swoop through the host city's beauty spots. Beginning and ending in the Sambadrome, venue for the Rio carnival, the course winds through the city centre before stretching out along Rio's coastline. Computer chips in athletes' trainers track times and locations for every athlete in the field. Kenya's Eliud Kipchoge missed the world record by just eight seconds in London earlier this year, and having won bronze at the 2004 Olympics and silver in 2008, he is out to complete the set. Team GB's line-up comprises Tsegai Tewelde (far right) and the Hawkins brothers – Derek, 27, and Callum, 24, the latter the top-placed Briton at this year's London Marathon, finishing eighth. **James Gill**

Boxing: Women's and Men's Finals

6pm, 7.15pm ***BBC1***

Joseph Joyce is a qualified diving instructor, has a degree in fine art and also teaches art, so brace yourself for plenty of canvas puns. There's nobody in the Super Heavyweight division he hasn't beaten, so if he can manage to avoid getting cut, he should be in the final. Also keep an eye out for so-called "silent assassin" Savannah Marshall – Team GB's other female boxer in addition to Nicola Adams. Marshall, who boxes at middleweight, was tipped to win a medal at the last Olympics, but underperformed. That will have been eating away at her; she's had to wait four years to put it right. **Steve Bunce**

Basketball: Men's Gold Medal Match

7.45pm ***BBC4***

Given the dominance of the USA, it isn't enough for America's stars simply to win gold. While plenty of NBA fans relish the chance to see the best of the league come together in the ultimate Dream Team, there are caveats. This year, stars that would dominate any other nation have chosen to sit out the Games: **LeBron James** (left), Stephen Curry, Russell Westbrook and many, many more of the NBA's greatest players will not be appearing at Rio 2016. But even though this is basically America's B-team, they have more than enough talent to light up the tournament and win a third Olympic title in a row. And the slam dunks and silky skills are guaranteed to take your breath away. **James Gill**

ONE TO WATCH

Marathon runner **Tsegai Tewelde** arrived in Edinburgh when he was 17, seeking asylum from his native Eritrea. He still has a scar on his forehead from where a landmine exploded near him when he was eight. He will represent Team GB after reaching the qualifying time at the London Marathon – only the second one that he'd run.

DID YOU KNOW?

Unlike their compatriots on the track, mountain bikers are used to having to do things on their own. Each rider carries puncture repair kits; if something goes wrong, it's up to them to fix it.

Closing Ceremony *11.30pm* ***BBC1***

Fireworks dazzle and music blares, but closing ceremonies are very different to opening ceremonies. The city has shown itself to the world, and the competitors have completed what they have spent the past four years working towards, so it's no surprise that things can start to feel just that little bit anarchic. Athletes, fierce rivals just days ago, now mill about in the great stadium taking selfies together while BBC producers put the finishing touches to the now-customary Epic Olympic Montage. Tonight is also a platform for the next Olympic host city, Tokyo, to introduce itself. Will it be martial arts or manga, samurai or sushi? For one city, it's a chance to breathe a sigh of relief. For another, it's time to get serious. **James Gill**

OUT WITH A BANG
If anyone can put on a farewell party, Brazil can

GOLDS TODAY

ATHLETICS Men's Marathon *1.30pm* **BASKETBALL** Men's *7.45pm* **BOXING** Women's Middleweight *6pm*, Men's Flyweight *6.15pm*, Men's Light Welterweight *6.30pm*, Men's Super Heavyweight *7.15pm* **CYCLING** Men's Cross Country *4.30pm* **GYMNASTICS** Rhythmic Group All-around *3pm* **HANDBALL** Men's *6pm* **VOLLEYBALL** Men's *5.15pm* **WRESTLING** Men's Freestyle -65kg *5.55pm*, Men's Freestyle -97kg *6.45pm*

GETTY

BBC1

6.00am Olympic Breakfast
Christian Fraser and Louise Minchin present a round-up of the news and, with presenters in Rio, look ahead to the final day at the Games. (S) (HD)

9.15am–1.00pm *Switch to* ***BBC2*** *for a replay of last night's action.*

9.15–1.00pm *BBC1 is showing regular programmes here. See the issue of Radio Times for 20–26 August for details.*

1.00pm–5.00 Olympics 2016

1.00 Olympic Preview
A look ahead to the final day of action. (S) (HD)

1.30–5.00 Marathon and Mountain Biking
Ore Oduba presents the action on the last day of the 2016 Olympics. This afternoon sees the men's marathon, one of the most eagerly awaited events of the Games, taking place on the streets of Rio de Janeiro. Kenyan Eliud Kipchoge will begin as one of the favourites following a very impressive run of recent form. He won this year's London Marathon in a course-record time and was also victorious in London and Berlin last year.

The focus then switches to the sport of mountain biking, with medals up for grabs in the men's cross-country. (S) (HD)

Mountain Biking
4.30 Men's cross-country

5.00–6.30 *Switch to* ***BBC2*** *for continuing coverage of the mountain biking. Plus boxing, with the women's middleweight final at 6.00pm and the men's flyweight final at 6.15pm.*

5.00–6.30 *BBC1 is showing regular programmes here. See the issue of Radio Times for 20–26 August for details.*

6.30–10.00 Olympics 2016

6.30 Boxing
Coverage from Pavilion 6 of the Riocentro, with the schedule including the men's light-welterweight and super-heavyweight finals. In regard to the latter contest, Britain's Joe Joyce won gold at the Commonwealth Games in this division and will be hoping to add the Olympic title. (S) (HD)
7.00 Men's light-welterweight final
7.15 Men's super-heavyweight final

9.00–10.00 Review of the Games
With just the medals in the men's handball and basketball to be decided, Clare Balding and guests look back at the highlights of the XXXI Olympiad. Sixteen days of sporting endeavour in Rio de Janeiro will no doubt have thrown up a plethora of exciting, dramatic and magical moments. (S) (HD)

10.00–11.30 *BBC1 has regular programmes here. See Radio Times 20–26 August for details.*

11.30–4.00am Olympics 2016

11.30 Closing Ceremony
The curtain comes down on the XXXI Olympiad in Rio de Janeiro. The Maracana Stadium, which will have witnessed a stream of sporting excellence over the past 16 days, is the venue for a spectacular and colourful closing ceremony.

The athletes can now relax as they say their informal farewells en masse, a way of bringing the competitors together as "one nation".

The official handover to Tokyo, hosts of the next Games in 2020, will then take place before the chairman of the International Olympic Committee declares the Games closed and the flame is extinguished. Clare Balding hosts. (S) (HD)

4.00–6.00am BBC News

Freeview 1 **Freesat** 101 **Sky** 101 **Virgin** 101
HD **BBC1 HD** **Freeview** 101 **Freesat** 106 **Sky** 115 **Virgin** 108

BBC4

1.00pm–10.00 Olympics 2016

1.00pm Volleyball and Handball
Lee McKenzie introduces coverage of the final day of competition at the Rio Olympics featuring the bronze medal matches in the men's volleyball and handball. In 2012, the battles for third place were won by Italy and Croatia respectively. (S) (HD)
Volleyball
1.30 Men's bronze medal match
Handball
2.30 Men's bronze medal match

4.30 Rhythmic Gymnastics
Highlights of the all-around final. It's a popular and visually arresting sport that combines elements of ballet, gymnastics and dance. Individuals or, in this afternoon's case, groups manipulate one or two pieces of the following apparatus – rope, hoop, ball, clubs, ribbon and freehand (no apparatus) – with each movement involving a high degree of athletic skill. Points are awarded for leaps, balances, pirouettes, apparatus handling and execution.

At London 2012, it was the Russian team who claimed gold, with Belarus taking silver and Italy the bronze medal winners. (S) (HD)

5.15 Volleyball
Coverage of the men's volleyball final. Four years ago in London, Russia won the gold medal with a thrilling 3–2 victory against Brazil, becoming the first team to come from two sets down to win Olympic gold. (S) (HD)

7.15–10.00 Handball and Basketball
Action from the finals in the men's handball and basketball. Four years ago in the men's handball final it was the French team who were victorious, with Sweden taking the silver medal.

The USA will be expected to win gold in the basketball. Their team includes NBA stars such as Kevin Durant and Carmelo Anthony – with the latter, who plays for the New York Knicks, hoping to win a third successive Olympic title. (S) (HD
Basketball
7.45 Men's final

10.00pm–4.00am *BBC4 is showing regular programmes here. See the issue of Radio Times for 20–26 August for details.*

Freeview 9 **Freesat** 110 **Sky** 116 **Virgin** 107
HD **BBC4 HD** **Freeview** 106 **Freesat** 107 **Virgin** 164

WHAT I'LL BE WATCHING
REV KATE BOTTLEY

CLOSING CEREMONY
"The best bits of the Olympics are the things you can't schedule for, the things you stumble across. I actually look forward to the opening and closing ceremonies, the lighting of the torch and seeing the flags paraded – particularly the nations that are only represented by one or two athletes. I always seem to have something in my eye at those moments…

And even though the teams haven't been fully announced yet, it's always brilliant to see women representing nations that in the past may not have sent women to the Olympics. Who can forget Sarah Attar in 2012, the first female Saudi Arabian runner at the Games?"

FINAL MEDAL TABLE

DAY 16 London, 2012	G	S	B
1. USA	46	29	29
2. China	38	27	23
3. GB	29	17	19
4. Russia	24	26	32
5. South Korea	13	8	7
6. Germany	11	19	14
7. France	11	11	12
8. Italy	8	9	11
9. Hungary	8	4	5
10. Australia	7	16	12
11. Japan	7	14	17

DAY 16 Rio, 2016	G	S	B
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* Events are subject to time or channel changes

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CLOSING CEREMONY
- **11.15pm–3.00am** Closing ceremony: full coverage of the lavish closing ceremony, held at the Maracana Stadium in Rio de Janeiro to mark the official end of the 31st Olympiad

ATHLETICS
- **1.30pm–4.15** Men's marathon

BASKETBALL
- **3.30pm–5.30** Men's bronze-medal match
- **7.45pm–10.05** Men's final

BOXING
- **6.00pm–7.30** Women's middleweight (75kg) final at 6.00; men's flyweight (52kg) final at 6.15; men's light welterweight (64kg) final at 7.00; men's super heavyweight (+91kg) final at 7.15

CYCLING
- **4.30pm–6.15** Men's mountain bike: cross country final

GYMNASTICS
- **3.00pm–4.30** Rhythmic group all-around final: rotations at 3.00, 3.50

HANDBALL
- **2.30pm–4.30** Men's bronze-medal match
- **6.00pm–8.00** Men's final

VOLLEYBALL
- **1.30pm–3.30** Men's bronze-medal match
- **5.15pm–7.30** Men's final

WRESTLING
- **12.30pm–3.15** Men's freestyle 65kg and 97kg: qualifiers from 12.30; eliminations from 1.00
- **4.45pm–7.15** Men's freestyle 65kg and 97kg: repechage contests from 4.45; bronze-medal matches at 5.45, 6.30; finals at 6.05, 6.50

WATCH ONLINE or on the RED BUTTON

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